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# A RESOURCE GUIDE OF SERVICES FOR SENIORS IN SAN FRANCISCO

Prepared by:

City and County of San Francisco

Department of Public Health

Office of Senior Information,

Referral and Health Promotion

DOCUMENTS DEPT.

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# A RESOURCE GUIDE OF SERVICES FOR SENIORS IN SAN FRANCISCO - 1985

The San Francisco Department of Public Health, Office of Senior Information, Referral and Health Promotion is producing this year's edition of the Resource Guide of Services for Seniors in San Francisco.

This Guide is designed to provide resource information for professionals working with the elderly in San Francisco. While an attempt has been made to list the most frequently used agencies, inclusion or exclusion of any agency or organization does not imply an endorsement or disapproval of the programs or services.

The format is the same as last year's Resource Guide. The index on the blue pages contains names, addresses and telephone numbers of agencies arranged by categories of service. The asterisk (*) before a name indicates that more information is given on a full white page placed in alphabetical order following the blue pages.

Special thanks for this edition goes to Libby Owen of United Way of San Francisco, Terry Keith of San Francisco Multi-Purpose Senior Services Program, Mt. Zion Hospital and Medical Center, and Jack McKay of Support Services for Elders for their wise advice and insightful consultation. This edition could not have been accomplished without the care and dedication of the coordinator Beverly Johnson, the typing skills of Nemita Feril and the support and back-up of the entire staff of the Office of Senior Information, Referral and Health Promotion.

If there are any additions or corrections with this edition of the Resource Guide, please contact Beverly Johnson at the Office of Senior Information, Referral and Health Promotion, 1182 Market Street - Room 212 San Francisco CA. 94102 (415) 626-1033. We also welcome your ideas and suggestions for future editions.

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## ADULT DAY CENTERS

(* Indicates a full-page Description in alphabetical order in white pages.)

### DEFINITIONS As Used In This Directory

**ADULT DAY HEALTH CARE CENTERS (ADHC):**

Licensed and MediCal reimbursable agencies which provide medical and rehabilitative services. There will be seven programs in San Francisco for those living within designated service areas.

**ADULT SOCIAL DAY CENTERS (ASDC):**

Provide a protected and supportive environment featuring educational and recreational activities for the frail elderly who do not need on-going medical monitoring.

**PSYCHIATRIC DAY TREATMENT CENTERS:**

Provide services for ambulatory clients with psychiatric problems. Referrals must come from hospital, psychiatrist or physician. Home visiting teams are available.

**SENIORS CENTERS:**

Ranged from Park and Recreational clubs which meet once a week (see listing on pages 52 to 75) to 7-day-a-week multipurpose centers which provide meals, recreation and health monitoring, primarily for independent, well-functioning individuals.

## ADULT DAY (HEALTH CARE) CENTERS

* BAYVIEW HUNTER'S POINT — 822-1444
1250 La Salle
San Francisco, CA 94124

Weekdays
Sunnydale, Potrero Hill
Bayview-Hunter's Point areas served

FANNY L. MORRIS ADULT DAY CARE CENTER (Jewish Home) — 334-2500 Ext. 252
302 Silver Avenue
San Francisco, CA 94112
Shirley Kison Brunato, Director

* LAGUNA HONDA HOSPITAL ADULT DAY HEALTH CARE CENTER — 664-1580 Ext. 353
375 Laguna Honda Blvd.
San Francisco, CA 94116
Weekdays, 9:00 - 3:00
Marge Ginsburg, Director
Outer Richmond, Sunset, Park Merced areas served.

* NORTH & SOUTH OF MARKET ADULT DAY HEALTH CORPORATION — 885-2274
333 Turk Street
San Francisco, CA 94102
Monday to Friday, 10:00 to 3:00
Marilyn Belfort, Director
No. & So. of Market areas served

* ON LOK HEALTH SERVICE DAY CARE CENTER (For Frail Elderly) — 989-2578
1441 Powell Street
San Francisco, CA 94133
Merle Espaldon
Open 7 days, 8:00 to 4:30

PSYCHIATRIC DAY TREATMENT CENTER (Progress Foundation) — 821-0697
Rypins House (for 60+)
1405 Guerrero Street
San Francisco, CA 94110
Monday to Friday, 9:30 - 3:00
Dee Schweitzer, Director

* RUTH ANN ROSENBERG ADULT DAY HEALTH CENTER — 885-7586
Mount Zion Hospital & Medical Center
1600 Divisadero Street
San Francisco, CA 94115
Barbara Penney, Director
Therapy program for people who need care
just short of nursing home.
10:00 - 3:00; provide transportation.

ADULT DAY (HEALTH CARE) CENTERS (cont'd)

* SF HOME HEALTH SERVICE ADULT DAY HEALTH CARE 285-5615
225 - 30th Street
San Francisco, CA 94131
Open 7 days a week
Nancy Butler, Director
Serves Mission, Bernal Heights, Diamond Heights and Glen Park districts.

* ST. MARY'S ADULT DAY HEALTH CARE/CATHOLIC SOCIAL SERVICES 750-5526
35 Onondaga (off Mission, between Geneva & Ocean)
San Francisco, CA 94112
Contact Janeane Morrison, John Daws.
Serves Southern San Francisco, Outer Mission, Visitacion Valley, and Ingleside districts.

## ADVOCACY

CALIFORNIA CONSUMER HEALTH COALITION 781-7430
369 Pine Street, Room 800
San Francisco, CA 94104

* CALIFORNIA LEGISLATIVE FORUM FOR OLDER AMERICANS 771-0226
c/o Glide Church
330 Ellis, Room 611
San Francisco, CA 94102

CONGRESS OF CALIFORNIA SENIORS (916) 442-4474
1010 11th Street, Suite 204
Sacramento, CA 95814

GLIDE SENIOR INVOLVEMENT CENTER 771-0226
330 Ellis
San Francisco, CA 94102

* GRAY PANTHERS 552-8800
50 Fell Street
San Francisco, CA 94102

LAW CENTER ON LONG TERM CARE 931-7176
(Bay Area Advocate for Nursing Home Reform)

NORTH OF MARKET PLANNING COALITION (Mainly Housing) 474-2164
295 Eddy
San Francisco, CA 94102

* OMBUDSMAN (Long term care) 474-8757
Family Service Agency of San Francisco
916 Eddy Street
San Francisco, CA 94109

* PATIENTS' RIGHTS ADVOCACY SERVICES (PRAS) 552-8100
890 Hayes Street
San Francisco, CA 94117

* SAN FRANCISCO COMMISSION ON THE AGING Adm. Office: 557-5844
1360 Mission
San Francisco, CA 94103

* SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH 626-1033
Senior Information, Referral & Health Promotion
1182 Market Street, Room 212
San Francisco, CA 94102

* SAN FRANCISCO TENANTS' UNION 282-6622
558 Capp Street
San Francisco, CA 94110

## ALCOHOLISM & SUBSTANCE ABUSE

| | | |
|---|---|---|
| * ACCEPT<br>1287 - 11th Avenue<br>San Francisco, CA 94122 | | 681-2500 |
| * ALCOHOLICS ANONYMOUS<br>1046 Irving<br>San Francisco, CA 94122 | | 661-1828 |
| * AL-ANON<br>50 Oak Street, Room 505<br>San Francisco, CA 94102 | | 626-5633 |
| * ALCOHOLIC EVALUATION & TREATMENT CENTER<br>San Francisco General Hospital<br>Tom Smith<br>1001 Potrero, Ward 23<br>San Francisco, CA 94110 | | 821-8091 |
| * BRIDGEWAY PROJECT<br>242 Turk Street<br>San Francisco, CA 94102 | | 441-8277 |
| * COMMUNITY SUBSTANCE ABUSE SERVICE<br>170 Fell Street, Room 25<br>San Francisco, CA 94102 | | 558-2356 |
| * DRUG LINE (SF Suicide Prevention, Inc.)<br>3940 Geary Blvd.<br>San Francisco, CA 94118 | | 752-4866 |
| * FRIENDSHIP CENTER<br>711 Eddy Street<br>San Francisco, CA 94109 | | 775-5052 |
| * GARDEN SULLIVAN (Pacific Recovery Center)<br>2750 Geary Blvd.<br>San Francisco, CA 94118 | | 921-7777 |
| * GOLDEN GATE FOR SENIORS<br>637 So. Van Ness<br>San Francisco, CA 94110 | | 626-7553 |
| * HARBOR LIGHTS<br>1275 Harrison Street<br>San Francisco, CA 94103 | Alcohol/Residence:<br>Alcohol/Detox: | 864-7000<br>626-2063 |
| * HARRIET STREET CENTER FOR ALCOHOLISM<br>444 - 6th Street<br>San Francisco, CA 94103 | | 863-3250 |
| * LATINO FAMILY ALCOHOLISM CENTER<br>3690 - 18th Street<br>San Francisco, CA 94110 | | 864-4600 |

ALCOHOLISM & SUBSTANCE ABUSE (cont'd)

| | |
|---|---|
| * MOBILE ASSISTANCE PATROL (MAP)<br>2940 - 16th Street<br>San Francisco, CA 94103 | 431-7400 |
| NARCOTICS ANONYMOUS | 893-2686 |
| * NATIONAL COUNCIL ON ALCOHOLISM<br>2655 Van Ness, #370<br>San Francisco, CA 94109 | 563-5400 |
| * NIGHT MINISTRY (SFCC)<br>432 Mason Street<br>San Francisco, CA 94102 | 986-1464 |
| * NORTH OF MARKET SENIOR MULTI-PURPOSE CENTER<br>333 Turk Street<br>San Francisco, CA 94102 | 885-2274 |
| * OZANAN<br>1175 Howard Street<br>San Francisco, CA 94103 | 621-6471 |
| PROJECT TITLE XVI, INC.<br>347 Clement Street<br>San Francisco, CA 94118 | 668-3630 |
| * SALVATION ARMY DETOX<br>1255 Harrison Street<br>San Francisco, CA 94103 | 626-2063 |
| * SALVATION ARMY ADULT REHABILITATION CENTER<br>1500 Valencia Street<br>San Francisco, CA 94110 | 647-7000 |
| * SAN FRANCISCO SUICIDE PREVENTION, INC.<br>3940 Geary Blvd.<br>San Francisco, CA 94118 | 752-4866 |
| * SETON MEDICAL CENTER CARE UNIT (Inpatient Detox Program)<br>1900 Sullivan Street<br>Daly City, CA 95015 | 991-6660 |
| * SRX - SENIORS MEDICATION EDUCATION PROGRAM<br>1182 Market Street, Room 204<br>San Francisco, CA 94102 | 558-3767 |
| * SHARE - FRENCH HOSPITAL<br>4131 Geary Blvd.<br>San Francisco, CA 94118 | 386-1212 |
| * SUBSTANCE ABUSE TREATMENT PROGRAM<br>Veterans Administration Medical Center<br>4150 Clement Street<br>San Francisco, CA 94121 | 750-2050 |

* VENTURES IN NEW HORIZONS 567-0880
1668 Bush Street
San Francisco, CA 94109

## EDUCATIONAL OPPORTUNITIES

| | |
|---|---|
| * AMERICAN RED CROSS<br>1550 Sutter Street<br>San Francisco, CA 94109 | 776-1500 |
| * CENTER FOR LEARNING IN RETIREMENT (CLIR)<br>55 Laguna Street<br>San Francisco, CA 94102 | 863-4518 |
| COMMUNITY MUSIC CENTER<br>544 Capp Street<br>San Francisco, CA 94110 | 647-6015 |
| * COMMUNITY MUSIC CENTER - Richmond Branch<br>741 30th Avenue<br>San Francisco, CA 94121 | 221-4515 |
| FORT MASON BOOKING GUIDE<br>(To reserve conference space)<br>Building A<br>Laguna and Marina Blvd. | 441-5706 |
| * FROMM INSTITUTE FOR LIFELONG LEARNING<br>University of San Francisco, Room 538<br>2130 Fulton Street<br>San Francisco, CA 94117 | 666-6805<br>-6320 |
| GLIDE SENIOR INVOLVEMENT CENTER<br>330 Ellis Street, #611<br>San Francisco, CA 94102 | 771-0226 |
| * GRAY PANTERS<br>50 Fell Street<br>San Francisco, CA 94102 | 552-8800 |
| LEAGUE OF WOMEN VOTERS<br>620 Sutter Street, #700A<br>San Francisco, CA 94102 | 775-8683 |
| * MISSION LANGUAGE & VOCATIONAL SCHOOL<br>2929 - 19th Street<br>San Francisco, CA 94110 | 648-5220 |
| * PLANETREE HEALTH RESOURCE CENTER<br>2040 Webster<br>San Francisco, CA 94115 | 346-4636 |
| SAN FRANCISCO ADULT LITERACY CENTER<br>Box 15508<br>San Francisco, CA 94115 | 621-8606 |
| * SAN FRANCISCO COMMUNITY COLLEGE DISTRICT<br>Mission Community College Center - Adult Division<br>106 Bartlett Street<br>San Francisco, CA 94110 | 648-5866 |

EDUCATIONAL OPPORTUNITIES (cont'd)

| | |
|---|---|
| * SAN FRANCISCO S.A.F.E., INC. (Crime prevention)<br>850 Bryant Street, #553<br>San Francisco, CA 94103 | 673-7233 |
| * SAN FRANCISCO STATE UNIVERSITY<br>Continuing Education Program 7<br>Applied Gerontology Certificate Program<br>1600 Holloway Avenue<br>San Francisco, CA 94132 | 469-1684 |
| * SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION<br>1182 Market, Room 212<br>San Francisco, CA 94102 | 626-1033 |
| * CREATIVE RETIREMENT PLANNING<br>ST. FRANCIS LUTHERAN CHURCH<br>152 Church Street<br>San Francisco, CA 94114 | 621-2635 |
| SOCIAL SECURITY ADMINISTRATION SPEAKERS BUREAU | 556-5610 |

## EMERGENCY NUMBERS

| | | |
|---|---|---|
| For ALL EMERGENCIES, call | | 911 |
| AMBULANCE | | 431-2800 |
| * CASA DE LAS MADRES (Battered Women) | | 469-7638 |
| DRUG LINE | | 752-3400 |
| FIRE | | 861-8020 |
| MEDICAL ADVICE (San Francisco General Hospital) | | 821-8060 |
| MENTAL HEALTH INFO/REFERRAL | | 387-5100 |
| * NIGHT MINISTRY (10:00 p.m. to 4:00 a.m.) | | 986-1464 |
| PACIFIC GAS & ELECTRIC CO. (Service Dept.) | | 981-3232 |
| POLICE | | 553-0123 |
| * POISON CONTROL CENTER | | 666-2845 |
| SPCA (Animals) | Shelter for strays, pickup<br>Medical care | 621-1700<br>-1750 |
| * SUICIDE PREVENTION | | 221-1423 |

## EMPLOYMENT

| | |
|---|---|
| * ADVOCATES FOR WOMEN<br>414 Mason Street, (4th Floor)<br>San Francisco, CA 94102 | 391-4870 |
| * ALUMNI RESOURCES<br>965 Mission St., #415<br>San Francisco, CA 94103 | 546-7220 |
| * CALIFORNIA ABLE<br>870 Market St., Room 612<br>San Francisco, CA 94102 | 391-5030 |
| * CIVIL SERVICE COMMISSION, SAN FRANCISCO<br>646 Van Ness Avenue<br>San Francisco, CA 94102 | 558-4495 |
| * EMPLOYMENT DEVELOPMENT DEPT. (STATE OF CALIF.)<br>801 Turk Street<br>San Francisco, CA 94103 | 557-3038 |
| * FOSTER GRANDPARENT PROGRAM - FSA<br>1010 Gough Street<br>San Francisco, CA 94109 | 474-7310 |
| * GOODWILL INDUSTRIES OF SAN FRANCISCO<br>980 Howard St.<br>San Francisco, CA 94103 | 362-0778 |
| * JEWISH VOCATIONAL & CAREER COUNSELING SERVICE<br>870 Market Street, Room 872<br>San Francisco, CA 94102 | 391-3595 |
| * OPTIONS FOR WOMEN OVER 40<br>3543 18th Street<br>San Francisco, CA 94110 | 431-6405<br>-6944 |
| * RETIREES EMPLOYMENT PROGRAM, UCSF<br>3rd Avenue and Parnasus<br>San Francisco, CA 94143 | 666-2715 |
| * ST. ANTHONY EMPLOYMENT SERVICE (See Adult Benevolent Assoc.)<br>121 Golden Gate<br>San Francisco, CA 94102 | 552-1169 |
| * SAN FRANCISCO SENIOR CENTER<br>890 Beach St.<br>San Francisco, CA 94109 | 775-1866 |
| * SCORE (SERVICE CORPS FOR RETIRED EXECUTIVES)<br>211 Main Street<br>San Francisco, CA 94105 | 974-0599 |

EMPLOYMENT (cont'd)

* SELF-HELP FOR THE ELDERLY 982-9171
  640 Pine Street
  San Francisco, CA 94108

* SENIOR COMPANIONS 474-7310
  1010 Gough
  San Francisco, CA 94109

* TEMPORARIES, INC. 956-0600
  44 Montgomery
  San Francisco, CA 94104

* TEMPS AMERICA 986-7787
  44 Montgomery Street, Rm. 2716
  San Francisco, CA 94104

* VETERANS ADMINISTRATION - Employment 974-0304
  211 Main Street Information: 495-8900
  San Francisco, CA 94105

## FOOD

Congregate meals-- for information and a list of sites, call SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION.... 626-1033. Meals are ethnically oriented.

FOOD STAMP PROGRAM 557-5718
1360 Mission
San Francisco, CA 94103

* THE GROUP (Emergency Food & Clothing) 861-6840
457 Haight Street
San Francisco, CA 94117

* MARTIN DE PORRES (Free Food) 550-9091
2826 23rd Street
San Francisco, CA 94110

* MEALS ON WHEELS OF SAN FRANCISCO 474-4646
1290 Sutter, #9
San Francisco, CA 94109

* ST. ANTHONY'S DINING ROOM 552-3838
121 Golden Gate Avenue
San Francisco, CA 94102

* ST. FRANCIS MEAL SERVICE 392-7463
First Congregational Church
432 Mason
San Francisco, CA 94102

* SALVATION ARMY SENIOR NUTRITION (18 sites) Information: 777-2677
360 4th Street
San Francisco, CA 94107

SAN FRANCISCO GROCERY EXPRESS Home Delivery: 641-5400
Administrative Office : 641-5460

* SERVICES FOR SENIORS, INC. 922-5438
1500 Laguna Blvd.
San Francisco, CA 94115

## GOVERNMENT OFFICES

### CITY

| | | |
|---|---|---|
| ANONYMOUS WITNESS LINE | | 553-1396 |
| BOARD & CARE HOMES, NURSING HOMES - Licensed (DSS) | | 464-1319 |
| * MAYOR'S OFFICE<br>CITIZENS ASSISTANCE CENTER | | 558-2666 |
| * CIVIL SERVICE COMMISSION | | 558-4495 |
| GENERAL ASSISTANCE | | 864-0948 |
| REGISTRAR OF VOTERS | | 558-3417 |
| * SAN FRANCISCO COMMISSION ON THE AGING<br>1360 Mission, 4th Floor<br>San Francisco, CA 94103 | | 557-5844 |
| * SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICE<br>170 Otis Street<br>San Francisco, CA 94103 | General Info:<br><br>Services Intake:<br>Adult & Homemaker Chore Services: | 864-0948<br>557-5000<br>-5254<br>-5832 |
| SAN FRANCISCO PUBLIC ADMINISTRATOR<br>(Estate Management) | | 558-4161 |
| * SAN FRANCISCO PUBLIC GUARDIAN<br>(Conservatorships) | | 558-3102 |
| SMALL CLAIMS DESK - Municipal Court | | 558-2056 |
| VICTIM-WITNESS ASSISTANCE<br>850 Bryant, 2nd Floor<br>San Francisco, CA 94103 | | 552-6550 |

### STATE

| | | |
|---|---|---|
| COMMUNITY CARE LICENSING OFFICE<br>(Group Homes for the Aged-Convalescent Care) | | 464-1319 |
| DEPT. OF AGING<br>1210 19th Street<br>Sacramento, CA 95814 | (916) | 322-5290 |
| FRANCHISE TAX BOARD<br>345 Larkin<br>San Francisco, CA 94102 | (800) | 852-7050 |

GOVERNMENT OFFICES (cont'd)

## STATE: (cont'd)

MEDI-CAL INFORMATION 557-6072
150 Otis
San Francisco, CA 94103
(Mail: P.O. Box 7988, SF, CA 94120)

## ASSEMBLY

Art Agnos (16th District) 557-2253
350 McAllister St.
San Francisco, CA 94102

Willie Brown (17th District) 557-0784
540 Van Ness
San Francisco, CA 94102

## SENATE

Milton Marks (5th District) 557-1437
350 McAllister St.
San Francisco, CA 94102

JOHN FORAN (6th District) 755-1766
16 Southgate
Daly City, CA 94105

## FEDERAL

FEDERAL INFORMATION CENTER 556-6600
450 Golden Gate
San Francisco, CA 94102

HEALTH & HUMAN SERVICES, REG. IX 556-6003
50 United Nations Plaza, Rm. 443
San Francisco, CA 94102 (Admin. on Aging)

IMMIGRATION & NATURALIZATION SERVICE Info: 556-2070
630 Sansome Violation: -7933
San Francisco, CA 94111

SOCIAL SECURITY ADMINISTRATION 956-3000
Claims & Information (MediCare)

SUPPLEMENTARY SECURITY INCOME (SSI) 956-3000

SOCIAL SECURITY OFFICES:

Bayview-Hunters Point 556-0160
5815 3rd Street
San Francisco, CA 94124

GOVERNMENT OFFICES (cont'd)

FEDERAL (cont'd)

| | |
|---|---|
| Chinatown/North Beach Branch<br>560 Kearny<br>San Francisco, CA 94108 | 556-0165 |
| Sutter District Office<br>1355 Sutter<br>San Francisco, CA 94109 | 556-8323 |
| Mission<br>2601 Mission St.<br>San Francisco, CA 94110 | 556-6365 |
| Outer Mission<br>4377 Mission St.<br>San Francisco, CA 94112 | 556-1935 |
| Parkside<br>2311 Taraval St.<br>San Francisco, CA 94116 | 556-8923 |
| Western Addition<br>1825 Post<br>San Francisco, CA 94115 | 556-8000 |
| * VETERANS ADMINISTRATION<br>211 Main<br>San Francisco, CA 94105 | General Info: 495-8900 |

U.S. CONGRESS

| | |
|---|---|
| Alan Cranston (Senator) | 556-8440 |
| Barbara Boxer<br>Congresswoman - 6th District<br>450 Golden Gate Avenue<br>San Francisco, CA 94102 | 626-6943 |
| Sala Burton<br>Congresswoman - 5th District<br>450 Golden Gate Avenue, Room 11104<br>San Francisco, CA 94102 | 556-4862 |

# HEALTH

## Medical Emergencies

CALL 911 FOR ALL EMERGENCIES

| | | |
|---|---|---|
| * BAY AREA PHYSICIANS FOR HUMAN RIGHTS<br>P.O. Box 14546<br>San Francisco, CA 94114 | | 673-3189 |
| * CITY EMERGENCY AMBULANCE<br>50 Ivy Street<br>San Francisco, CA 94102 | | 558-5432 |
| DRUG LINE | | 752-3400 |
| * MEDICAL ADVICE - SF GENERAL HOSPITAL<br>1001 Potrero<br>San Francisco, CA 94110 | | 821-8060 |
| MENTAL HEALTH I&R | | 387-5100 |
| | (TTY) | 221-9174 |
| * NIGHT MINISTRY<br>432 Mason<br>San Francisco, CA 94102 | | 986-1464 |
| POISON CONTROL CENTER<br>School of Pharmacy<br>San Francisco General Hospital, Room 1E86 | | 666-2845 |
| SAN FRANCISCO AMBULANCE<br>2829 California<br>San Francisco, CA 94115 | | 931-3900 |
| SAN FRANCISCO MEDICAL SOCIETY<br>250 Masonic<br>San Francisco, CA 94118 | | 567-6230 |
| * SAN FRANCISCO SUICIDE PREVENTION<br>3940 Geary<br>San Francisco, CA 94118 | Business:<br>Suicide Prevention: | 752-4866<br>221-1423 |
| * UC SCHOOL OF DENTISTRY<br>707 Parnassus, 6th Floor<br>Science Bldg.<br>Dental Emergency Window | | 666-1891 |
| * UNIVERSITY OF PACIFIC SCHOOL OF DENTISTRY<br>2155 Webster<br>San Francisco, CA 94115 | | 929-6500 |
| FIRE DEPARTMENT | | 861-8020 |
| POLICE DEPARTMENT | | 553-0123 |

## HEALTH

### CLINICS & SCREENING PROGRAMS

| | |
|---|---|
| * SAN FRANCISCO DEPT. OF PUBLIC HEALTH<br>101 Grove<br>San Francisco, CA 94102 | 558-2896 |
| * SAN FRANCISCO HEALTH DEPARTMENT<br>District Health Centers: | |
| #1 - 3850 17th Street<br>San Francisco, CA 94114 | 558-3905 |
| #2 - 1301 Pierce Street<br>San Francisco, CA 94115 | 558-3256 |
| #3 - 1525 Silver Avenue<br>San Francisco, CA 94134 | 468-3664 |
| #4 - 1490 Mason<br>San Francisco, CA 94133 | 558-3158 |
| #5 - 1351 - 24th Avenue<br>San Francisco, CA 94122 | 661-4400 |
| * GERIATRIC EVALUATION CLINIC - OUTPATIENT CLINIC<br>PRESBYTERIAN HOSPITAL OF PACIFIC MEDICAL CENTER<br>2324 Sacramento St.<br>San Francisco, CA 94115 | 563-4321<br>Ext.2303 |
| * GERIATRIC EVALUATION (For evaluation of Senile Dementia)<br>Mount Zion Hospital & Medical Center<br>1600 Divisadero<br>San Franicisco, CA 94115 | Clinic: 885-7474<br>Services: -7590 |
| * HAIGHT ASHBURY FREE MEDICAL CLINIC<br>558 Clayton Street<br>San Francisco, CA 94117 | 431-1714 |
| * MISSION NEIGHBORHOOD HEALTH CENTER<br>240 Shotwell St.<br>San Francisco, CA 94110 | 552-3870 |
| * MOUNT ZION HOSPITAL & MEDICAL CENTER<br>Outpatient Dept. (Sr. Health Screening & Ref.)<br>1600 Divisadero<br>San Francisco, CA 94115 | 885-7529 |
| * POTRERO HILL HEALTH CENTER<br>1050 Wisconsin<br>San Francisco, CA 94107 | 648-3022 |
| * NATIVE AMERICAN HEALTH CENTER<br>56 Julian<br>San Francisco, CA 94103 | 621-8051 |

HEALTH -- CLINICS & SCREENING PROGRAMS (cont'd)

| | |
|---|---|
| * NORTH EAST MEDICAL SERVICES<br>1520 Stockton<br>San Francisco, CA 94133 | 391-9686 |
| * NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES<br>333 Turk Street<br>San Francisco, CA 94102 | 885-2274 |
| * ROCKRIDGE FAMILY PRACTICE (Visitacion Valley)<br>141 Leland Ave.<br>San Francisco, CA 94134 | 334-3300 |
| * ST. ANTHONY'S CLINIC (See Adult Benevolent Society)<br>45 Jones Street<br>San Francisco, CA 94102 | 864-0241 |
| * ST. MARY'S CLINIC<br>2235 Hayes Street, 5th Floor<br>San Francisco, CA 94117 | 750-5500 |
| * SOUTH OF MARKET HEALTH CLINIC<br>551 Minna St.<br>San Francisco, CA 94103 | 626-2951 |
| * SOUTH EAST HEALTH CENTER<br>2401 Keith Street<br>San Francisco, CA 94124 | 822-2850 |
| * VETERANS ADMINISTRATION MEDICAL CENTER<br>4150 Clement St.<br>San Francisco, CA 94121 | 221-4810 |

# HEALTH

## SPECIFIC MEDICAL PROBLEMS

### ARTHRITIS:

ARTHRITIS CENTER - UC MEDICAL CENTER 666-1192
(Rosalind Russell Center)
1442 - 5th Avenue
San Francisco, CA 94143

ARTHRITIS CLINIC OF U.C.S.F. 666-3971
400 Parnassus
San Francisco, CA 94143

* ARTHRITIS FOUNDATION (No. Calif. Chapter) 673-6882
203 Willow Street, Suite 201
San Francisco, CA 94109

### CANCER:

* AMERICAN CANCER SOCIETY 673-7979
545 Post St.
San Francisco, CA 94102
(Lower level of Hotel Cecil)

### CEREBRAL PALSY:

UNITED CEREBRAL PALSY ASSOC. OF SAN FRANCISCO 776-5111
25 Taylor, Room 512
San Francisco, CA 94102

### DENTAL:

* IN-HOME DENTURE SERVICE 665-8064
P.O. Box 22325
San Francisco, CA 94122

* MOUNT ZION DENTAL DEPARTMENT 885-7335
1600 Divisadero
San Francisco, CA 94115

* ST. MARY'S CLINIC 775-5500
2235 Hayes
San Francisco, CA 94117

* SAN FRANCISCO DENTAL SOCIETY 421-1435
450 Sutter
San Francisco, CA 94108

* SAN FRANCISCO GENERAL HOSPITAL DENTAL CLINIC 821-8465 Ext.8106
1001 Potrero
San Francisco, CA 94110

## SPECIFIC MEDICAL PROBLEMS (cont'd)

DENTAL: (cont'd)

| | | |
|---|---|---|
| * | SENIOR DENTAL PROGRAM<br>Medi-Cal and Non-MediCal<br>450 Sutter<br>San Francisco, CA 94108 | 986-5845 |
| * | SOUTH OF MARKET HEALTH CLINIC<br>551 Minna<br>San Francisco, CA 94103 | 626-2951 |
| * | UC SCHOOL OF DENTISTRY<br>707 Parnassus<br>San Francisco, CA 94143 | 666-1891 |
| * | UNIVERSITY OF PACIFIC<br>SCHOOL OF DENTISTRY<br>2155 Webster<br>San Francisco, CA 94115 | 929-6500<br>-6400 |

DIABETES:

| | | |
|---|---|---|
| * | AMERICAN DIABETES ASSOC. OF NO. CALIF.<br>2550 - 9th Street Suite 114<br>Berkeley, CA 94710 | 644-0920 |

DISABLED/REHABILITATION:

| | | |
|---|---|---|
| * | CALIF. LEAGUE FOR THE HANDICAPPED<br>1299 Bush<br>San Francisco, CA 94109 | 441-1980 |
| * | CALIF. STATE DEPT. OF REHABILITATION<br>2720 Taylor (No. of Market)<br>San Francisco, CA 94133 | 771-7200 |
| | 1855 Folsom St. (So. of Market)<br>San Francisco, CA 94103 | 552-3432 |
| | EASTER SEAL SOCIETY<br>6221 Geary<br>San Francisco, CA 94121 | 752-4888 |
| * | INDEPENDENT LIVING PROJECT<br>4429 Cabrillo<br>San Francisco, CA 94121 | 751-8765 |
| * | MAYOR'S COUNCIL ON DISABILITIES CONCERNS<br>942 Market St., Room 408<br>San Francisco, CA 94102 | 433-4890 |

## SPECIFIC MEDICAL PROBLEMS (cont'd)

### HEARING & SPEECH:

* CENTER ON DEAFNESS — 731-9150
  1474 - 5th Ave.
  San Francisco, CA 94143

* HEARING SOCIETY FOR THE BAY AREA — 775-5700
  1428 Bush — Hearing Test by Phone: 776-1291
  San Francisco, CA 94109 — TTY: 776-DEAF

* ST. BENEDICT'S CENTER FOR THE DEAF — 567-9855
  2891 Bush St. — TTY: 567-0438
  San Francisco, CA 94115

* ST. LUKE'S HEARING & SPEECH — 282-2551
  1580 Valencia, #806
  San Francisco, CA 94110

* SAN FRANCISCO HEARING & SPEECH CENTER — 921-7658
  1234 Divisadero
  San Francisco, CA 94115

* SAN FRANCISCO SPCA HEARING DOG PROGRAM — 621-2174
  2500 - 16th Street
  San Francisco, CA 94103

### HEART:

* SAN FRANCISCO HEART ASSOCIATION — 433-2273
  421 Powell
  San Francisco, CA 94102

### MULTIPLE SCLEROSIS:

* MULTIPLE SCLEROSIS SOCIETY — 268-0572
  Northern Calif. Branch
  520 3rd Street, Suite 104
  Oakland, CA 94607

### MUSCULAR DYSTROPHY:

* MUSCULAR DYSTROPY ASSOC., INC. — 570-6166
  558 Pilgrim Drive, #D
  Foster City, CA 94404

## SPECIFIC MEDICAL PROBLEMS (cont'd)

### PODIATRY:

| | | |
|---|---|---|
| * | CALIF. COLLEGE OF PODIATRIC MEDICINE<br>1210 Scott Street (Clinic)<br>San Francisco, CA 94115 | 563-3444 |
| | CITY CENTER PODIATRY GROUP (Home Visits) | 391-2093 |
| * | PACIFIC FOOT CLINIC<br>2000 Van Ness<br>San Francisco, CA 94109 | 776-8535 |

### POISON CONTROL:

| | | |
|---|---|---|
| * | SRX - SENIOR MEDICATION EDUCATION PROGRAM<br>1182 Market Street, Room 204<br>San Francisco, CA 94102 | 558-3767 |

### SIGHT:

| | | |
|---|---|---|
| | BAY AREA VISION CENTER<br>715 Bryant St.<br>San Francisco, CA 94107 | 391-2020 |
| * | CALIF. LEAGUE FOR THE HANDICAPPED<br>1299 Bush Street<br>San Francisco, CA 94109 | 441-1980 |
| * | FREDERICK CORDES EYE CLINIC<br>U.C. Hospital<br>400 Parnassus<br>San Francisco, CA 94122 | 666-2142 |
| * | NAT'L. ASSOC. FOR THE VISUALLY HANDICAPPED<br>3201 Balboa<br>San Francisco, CA 94121 | 221-3201 |
| | NAT.'L FEDERATION OF THE BLIND<br>3315 Cabrillo<br>San Francisco, CA 94121 | 386-9400 |
| * | NO. CALIF. SOCIETY TO PREVENT BLINDNESS<br>4200 California<br>San Francisco, CA 94118 | 387-0934 |
| * | PMC LOW VISION SERVICE<br>2340 Clay<br>San Francisco, CA 94115 | 563-4321<br>Ext.2927 |
| * | SAN FRANCISCO LIGHTHOUSE FOR THE BLIND<br>1155 Mission St. (See Lighthouse for the Blind)<br>San Francisco, CA 94103 | 431-1481 |

## SPECIFIC MEDICAL PROBLEMS (cont'd)

### SPEECH:

(See "Hearing & Speech")

### TUBERCULOSIS:

| | | |
|---|---|---|
| * | AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO<br>833 Market St.<br>San Francisco, CA 94103 | 543-4410 |

### MISCELLANEOUS:

| | | |
|---|---|---|
| * | BAY AREA PHYSICIANS FOR HUMAN RIGHTS<br>P.O. Box 14546<br>San Francisco, CA 94114 | 673-3189 |
| | COMING HOME-GAY & LESBIAN HOSPICE<br>SOCIETY OF SAN FRANCISCO | 285-5622 |
| * | FAMILY SURVIVAL PROJECT<br>(For Brain-damaged Adults)<br>1736 Divisadero<br>San Francisco, CA 94115 | 921-5400 |
| | "GOING HOME - MOUNT ZION HOSPITAL &<br>MEDICAL CENTER (Tapes and Materials for<br>families caring for patients at home)<br>1600 Divisadero<br>San Francisco, CA 94115 | 885-7572 |
| * | HOSPICE OF SAN FRANCISCO<br>225 - 30th Street<br>San Francisco, CA 94131 | 285-5622 |
| * | JEWISH HOME FOR THE AGED<br>302 Silver Avenue<br>San Francisco, CA 94112 | 334-2500 |
| * | G.L.O.E.(GAY AND LESBIAN OUTREACH TO ELDERS)<br>(Operation Concern)<br>1853 Market<br>San Francisco, CA 94103 | 626-7000 |
| * | LAGUNA HONDA HOSPITAL<br>375 Laguna Honda Blvd.<br>San Francisco, CA 94116 | 664-1580 |

MISCELLANEOUS: (cont'd)

* ON LOK 989-2578
  1441 Powell
  San Francisco, CA 94133

* SAN FRANCISCO MEDICAL SOCIETY 567-6230
  250 Masonic
  San Francisco, CA 94118

* S.F. MSSP (San Francisco Multi-purpose Senior Services Program) 885-7590
  Mount Zion Hospital & Medical Center
  2356 Sutter Street, 2nd Floor
  San Francisco, CA 94115

* UNITED OSTOMY ASSOCIATION (Golden Gate Chapter) 386-8125 or 776-3004
  10 Lupine Avenue, #23
  San Francisco, CA 94118

## HOMEMAKER & IN-HOME HEALTH CARE

| | MEDICAL | MEDICARE | HOMEMAKER | NON-PROFIT | 24-HOUR SERVICE |
|---|---|---|---|---|---|
| AUNT ANN'S AGENCY<br>760 Market<br>San Francisco, CA 94102<br>421-8442 | | | X | | X |
| BODIMETRIC HEALTH SERVICES<br>15 Southgate #236<br>Daly City, CA 94015<br>992-0130 | X | X | X | | X |
| BRISTOL HARAN AGENCY<br>1724 Sacramento St. #102<br>San Francisco, CA 94109<br>775-9100 | | | X | | |
| CATHOLIC SOCIAL SERVICES<br>50 Oak Street<br>San Francisco, CA 94102<br>864-7400 | | | X | X | X |
| COMPREHENSIVE COMMUNITY HOME HEALTH AND HOSPICE<br>P.O. Box 682<br>Daly City, CA 94017<br>994-9100 | X | X | X | | X |
| ECONOMIC OPPORTUNITY CENTER<br>1672 Eddy Street<br>San Francisco, CA 94115<br>346-5401 | | | X | X | |
| HERE'S HELP<br>135 Presidio Avenue<br>San Francisco, CA 94115<br>931-4357 | | | X | | X |
| HOUSEHOLD WORKERS RIGHTS<br>330 Ellis Street #501<br>San Francisco, CA 94102<br>474-5563 | | | X | | |
| INDEPENDENT LIVING PROJECT<br>Personal Care Attendant<br>4429 Cabrillo Street<br>San Francisco, CA 94121<br>751-8765 | | | X | X | |

HOMEMAKER & IN-HOME HEALTH CARE
(cont'd)

| | MEDICAL | MEDICARE | HOMEMAKER | NON-PROFIT | 24-HOUR SERVICE |
|---|---|---|---|---|---|
| JEWISH FAMILY SERVICE<br>1600 Scott Street<br>San Francisco, CA 94115<br>567-8860 | | | X | X | |
| KELLY HEALTH CARE, INC.<br>2001 Van Ness Avenue<br>San Francisco, CA 94109<br>775-8611 | X | X | X | | X |
| KIMBERLY NURSING<br>2670 Leavenworth Street<br>San Francisco, CA 94133<br>673-2000 | X | X | X | | X |
| MEDICAL PERSONAL POOL<br>3333 California Street, Suite 102<br>San Francisco, CA 94118<br>543-1704 | | | X | | X |
| MEYER CARE HEALTH SERVICES<br>760 Market Street, Suite 612<br>San Francisco, CA 94102<br>362-5650 | | | X | | X |
| MISSION NEIGHBORHOOD CENTER<br>362 Capp Street<br>San Francisco, CA 94110<br>826-4659 | | | X | X | |
| MT. ZION HOSPITAL AND MEDICAL CENTER<br>Division of Home Care<br>2356 Sutter Street, 2nd Floor<br>San Francisco, CA 94115<br>885-7572 | X | X | X | X | |
| OBECA-ARRIBA JUNTOS CENTER<br>2017 Mission Street<br>San Francisco, CA 94110<br>863-9307 | | | X | X | X |
| OLSTEN HEALTH CARE<br>870 Market Street, #603<br>San Francisco, CA 94102<br>956-8773 | | | X | | X |

HOMEMAKER & IN-HOME HEALTH CARE
(cont'd)

| | MEDI-CAL | MEDICARE | HOMEMAKER | NON-PROFIT | 24-HOUR SERVICE |
|---|---|---|---|---|---|
| PERSONAL CARE HOME HEALTH AGENCY<br>1 Hallidie Plaza, Suite 750<br>San Francisco, CA 94102<br>781-8800 | X | X | X | | X |
| PROFESSIONAL NURSES BUREAU<br>1375 Sutter Street<br>San Francisco, CA 94109<br>474-4719 or 474-7005 | | | X | | X |
| QUALITY CARE<br>760 Market Street, Suite #819<br>San Francisco, CA 94102<br>981-4950 | | | X | | X |
| REMEDY HEALTH SERVICE<br>3195 California Street<br>San Francisco, CA 94115<br>957-9064 | | | X | | X |
| REMEDY HOME & HEALTH CARE SERVICE<br>1453 Mission Street, 4th Floor<br>San Francisco, CA 94103<br>863-2474 | X | | X | X | |
| SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES<br>170 Otis Street<br>San Francisco, CA 94102<br>557-5060<br>-5254 | X | | X | X | |
| SAN FRANCISCO COMMUNITY HOME HEALTH AGENCY<br>2655 Bush Street<br>San Francisco, CA 94115<br>922-6924 | X | X | X | | X |
| SELF-HELP FOR THE ELDERLY<br>640 Pine Street<br>San Francisco, CA 94108<br>982-9171 | X | | X | | |
| STAFF BUILDERS<br>77 Geary Street<br>San Francisco, CA 94108<br>391-0122 | X | X | X | | X |

HOMEMAKER & IN-HOME HEALTH CARE
(cont'd)

| | MEDICAL | MEDICARE | HOMEMAKER | NON-PROFIT | 24-HOUR SERVICE |
|---|---|---|---|---|---|
| STAT NURSING SERVICE INC.<br>2107 Van Ness<br>San Francisco, CA 94109<br>673-9791 | | | X | | X |
| SUNRISE NURSES<br>4444 Geary Blvd., San Francisco, CA 94118<br>221-9091 | | | X | | X |
| TEMP POSITIONS HEALTH CARE<br>25 Kearny Street, 6th Floor<br>San Francisco, CA 94108<br>956-1041 | | | X | | X |
| UPJOHN HEALTH CARE SERVICES<br>624 Taraval<br>San Francisco, CA 94116<br>665-8100 | | | X | | X |
| VISITING NURSE ASSOCIATION OF SAN FRANCISCO<br>401 Duboce Avenue<br>San Francisco, CA 94117<br>861-8705 | X | X | X | | X |
| WESTERN MEDICAL<br>572 Market Street<br>San Francisco, CA 94111<br>956-4789 | | | | | X |

## HOSPITALS IN SAN FRANCISCO AND DALY CITY

| | |
|---|---|
| CHILDREN'S HOSPITAL<br>3700 California St.<br>San Francisco, CA 94118 | 387-8700 |
| CHINESE HOSPITAL<br>845 Jackson St.<br>San Francisco, CA 94133 | 982-2400 |
| FRENCH HOSPITAL<br>4131 Geary Blvd.<br>San Francisco, CA 94118 | 386-9000 |
| KAISER FOUNDATION HOSPITAL<br>2425 Geary Blvd.<br>San Francisco, CA 94115 | 929-4000 |
| LAGUNA HONDA HOSPITAL<br>375 Laguna Honda Blvd.<br>San Francisco, CA 94116 | 664-1580 |
| LANGLEY PORTER PSYCHIATRIC HOSPITAL<br>401 Parnassus<br>San Francisco, CA 94143 | 681-8080 |
| LETTERMAN GENERAL HOSPITAL<br>(U.S. Army Presidio)<br>San Francisco, CA 94129 | 561-2231 |
| MARSHALL HALE MEMORIAL HOSPITAL<br>3773 Sacramento St.<br>San Francisco, CA 94118 | 386-7000 |
| MOUNT ZION HOSPITAL<br>1600 Divisadero<br>San Francisco, CA 94115 | 567-6600 |
| PACIFIC PRESBYTERIAN MEDICAL CENTER<br>2333 Buchanan Street<br>San Francisco, CA 94115 | 563-4321 |
| RALPH K. DAVIES MEDICAL CENTER<br>Castro & Duboce Avenue<br>San Francisco, CA 94114 | 565-6779 |
| SAINT FRANCIS MEMORIAL HOSPITAL<br>900 Hyde Street<br>San Francisco, CA 94109 | 775-4321 |
| ST. LUKE'S HOSPITAL<br>3555 Army<br>San Francisco, CA 94110 | 647-8600 |

HOSPITALS (cont'd)

| | |
|---|---|
| ST. MARY'S HOSPITAL MEDICAL CENTER<br>450 Stanyan<br>San Francisco, CA 94117 | 665-1000 |
| SAN FRANCISCO GENERAL HOSPITAL<br>1001 Potrero<br>San Francisco, CA 94110 | 821-8200 |
| SETON MEDICAL CENTER<br>1900 Sullivan Avenue<br>Daly City, CA 94015 | 992-4000 |
| UNIVERSITY OF CALIFORNIA<br>San Francisco Medical Center<br>501 Parnassus<br>San Francisco, CA 94143 | 666-9000 |
| VETERAN'S ADMINISTRATION HOSPITAL<br>4150 Clement Street<br>San Francisco, CA 94121 | 221-4810 |

## HOUSING

| | Emergency | Permanent | I & R | Repairs |
|---|---|---|---|---|
| * ABLE (ACTION FOR BETTER LIVING FOR SENIORS)<br>1095 Market Street, #415<br>San Francisco, CA 94103<br>621-8181 | | X | X | |
| * ADULT BENEVOLENT ASSOCIATION (St. Anthony's)<br>121 Golden Gate<br>San Francisco, CA 94102<br>552-1169 | | | X | |
| AMERICAN RED CROSS<br>1550 Sutter<br>San Francisco, CA 94109<br>776-1500 | X | | | |
| * BRIDGEWAY PROJECT (Salvation Army)<br>242 Turk<br>San Francisco, CA 94102<br>771-7640 | X | X | | |
| * CADILLAC HOTEL (Refer by agency only)<br>380 Eddy Street<br>San Francisco, CA 94102<br>673-7223 | X | X | | |
| *CASA DE LAS MADRES, LA<br>P.O. Box 27236<br>San Francisco, CA 94127<br>469-7638 (Crisis)<br>-7650 (Business) | X | X | | |
| COMMUNITY CARE LICENSING<br>464-1380 | | | | |
| * DOWNTOWN SENIOR CENTER<br>625 O'Farrell Street<br>San Francisco, CA 94102<br>771-7950 | X | X | X | |
| * GOLDEN GATE FOR SENIORS<br>637 S. Van Ness Ave.<br>San Francisco, CA 94110<br>626-7553 | | X | | |

## HOUSING (cont'd)

| | Emergency | Permanent | I & R | Repairs |
|---|---|---|---|---|
| * GOSPEL MISSION - San Francisco (Men)<br>219 - 6th Street<br>San Francisco, CA 94103<br>495-7366 | X | | | |
| * HOUSING CONSERVATION & DEVELOP. CORP.<br>1637 Ocean Avenue<br>San Francisco, CA 94112<br>586-8000 | | | | X |
| * INDEPENDENT HOUSING<br>25 Taylor Street<br>San Francisco, CA 94102<br>441-6781 | X | X | X | |
| * JEWISH HOUSING BUREAU<br>Jewish Family & Children's<br>1600 Scott<br>San Francisco, CA 94115<br>567-8860 | | X | | |
| * LUTHERAN CARE FOR THE AGING (Information & Referral)<br>1031 Franklin Street<br>San Francisco, CA 94109<br>441-7777 | | X | | |
| * MAYOR'S CITIZEN ASSISTANCE CENTER<br>City Hall, Room 160<br>San Francisco, CA 94102<br>558-2666 | | | X | |
| * NIGHT MINISTRY<br>432 Mason<br>San Francisco, CA 94102<br>986-1464 | X | | | |
| * NORIEGA SENIOR SERVICES CENTER<br>1819 43rd Avenue<br>San Francisco, CA 94122<br>665-6844 | | | X | |
| NORTH OF MARKET PLANNING COALITION<br>295 Eddy Street<br>San Francisco, CA 94102<br>474-2164 | | | X | |
| * OLD ST. MARY'S CHURCH<br>660 California Street<br>San Francisco, CA 94108<br>986-4388 | X | | | |

## HOUSING (cont'd)

| | Emergency | Permanent | I & R | Repairs |
|---|---|---|---|---|
| * REVERSE ANNUITY MORTGAGES PROGRAM<br>1107 Oak Street<br>San Francisco, CA 94114<br>863-7800 | | X | | |
| * RAPHAEL HOUSE<br>1065 Sutter Street<br>San Francisco, CA 94109<br>474-4621 | X | | | |
| * RESIDENTIAL RENT STABILIZATION & ARBITRATION BOARD<br>170 Fell Street<br>San Francisco, CA 94102<br>621-7368 | | | X | |
| * SALVATION ARMY, FAMILY SERVICE AGENCY<br>445 9th Street<br>San Francisco, CA 94103<br>861-0755 | X | | | |
| * HOUSING AUTHORITY (San Francisco)<br>440 Turk Street<br>San Francisco, CA 94102<br>673-5800 | | X | | |
| * SAN FRANCISCO INDEPENDENT HOUSING SERVICE<br>25 Taylor<br>San Francisco, CA 94102<br>441-7713<br>-6781 (Disabled) Elderly<br>-6791 (TTY) | | X | | |
| * SAN FRANCISCO ROOMMATE REFERRAL SERVICE<br>610 - A Cole Street<br>San Francisco, CA 94117<br>626-0606 | | X | | |
| * SHERIFF'S EVICTEE PROGRAM (For those being evicted)<br>City Hall, Room 333<br>San Francisco, CA 94102<br>929-0331 | X | | X | |
| * SAN FRANCISCO TENANTS UNION<br>558 Capp<br>San Francisco, CA 94110<br>282-6622 | | | X | |

## HOUSING (cont'd)

| | Emergency | Permanent | I & R | Repairs |
|---|---|---|---|---|
| * SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION<br>1182 Market Street, Room 212<br>San Francisco, CA 94102<br>626-1033 | | | X | |
| * SENIOR RESOURCES<br>162 Hickory<br>San Francisco, CA 94102<br>626-1638 | | | X | |
| TENDERLOIN HOUSING CLINIC<br>50 Fell Street<br>San Francisco, CA 94102<br>431-6630<br>(A recorded message on Evictions) | | | X | |
| * TRAVELERS'AID SOCIETY<br>38 Mason<br>San Francisco, CA 94102<br>781-6738 | X | | | |
| * UNITED WAY INFORMATION & REFERRAL<br>410 Bush Street<br>San Francisco, CA 94108<br>772-4357 | | | X | |
| * W.O.M.A.N., INC.<br>2940 - 16th Street<br>San Francisco, CA 94103<br>864-4722 | X | | | |

## INFORMATION & REFERRAL

| | | |
|---|---|---|
| ARTHRITIS INFORMATION NETWORK | | 626-1033 |
| * GERIATRIC INFORMATION, COUNSELING & REFERRAL SERVICE<br>Mount Zion Hospital & Medical Center<br>1600 Divisadero<br>San Francisco, CA 94115 | | 885-7592 |
| * LA RAZA INFORMATION CENTER<br>1374 - 24th Street<br>San Francisco, CA 94110 | | 826-5855 |
| * LUTHERAN CARE FOR THE AGING<br>1031 Franklin Street<br>San Francisco, CA 94109 | | 441-7777 |
| * MAYOR'S OFFICE, CITIZENS ASSISTANCE CENTER | | 558-2666 |
| * NORIEGA SENIOR SERVICES CENTER<br>(Formerly Senior Block Information)<br>1819 - 43rd Avenue<br>San Francisco, CA 94122 | | 665-6844 |
| * SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION<br>1182 Market Street, Room 212<br>San Francisco, CA 94102 | | 626-1033 |
| * SENIOR RESOURCES<br>162 Hickory Street<br>San Francisco, CA 94102 | | 626-1638 |
| * UNITED WAY INFORMATION & REFERRAL<br>United Way of the Bay Area<br>410 Bush Street<br>San Francisco, CA 94108 | | 772-4444<br>TTY: -4440 |
| * VETERANS ADMINISTRATION<br>211 Main Street<br>San Francisco, CA 94105 | | 495-8900 |

## LEGAL ASSISTANCE

| | | |
|---|---|---|
| ABUSED WOMEN'S LEGAL SERVICE<br>870 Market, Room 545<br>San Francisco, CA 94102 | | 861-5819 |
| * AMERICAN CIVIL LIBERTIES UNION<br>1663 Mission<br>San Francisco, CA 94103 | | 621-2488 |
| * ASIAN LAW CAUCUS<br>36 Waverly Place<br>San Francisco, CA 94108 | | 391-1655 |
| * ATTORNEY'S REFERENCE PANEL<br>870 Market Street, #1115<br>San Francisco, CA 94102 | | 433-2133 |
| * CONSUMER FRAUD/ECONOMIC CRIME<br>DIV. DISTRICT ATTORNEY<br>732 Brannan<br>San Francisco, CA 94103 | | 553-1814 |
| DOMESTIC VIOLENCE INFORMATION LINE | | 861-0164 |
| * FRAIL-FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING<br>Public Guardian's Office<br>P.O. Box 11833<br>San Francisco, CA 94101 | | 558-2256 |
| IMMIGRATION & NATURALIZATION SERVICE<br>650 Sansome<br>San Francisco, CA 94111 | | 556-7933 |
| * INCOME RIGHTS PROJECT<br>383 Eddy Street<br>San Francisco, CA 94102 | | 771-9850 |
| * LAWYER REFERRAL SERVICE<br>Bar Association of San Francisco<br>220 Bush Street<br>San Francisco, CA 94104 | | 391-6102 |
| * LEGAL ASSISTANCE TO THE ELDERLY<br>333 Valencia<br>San Francisco, CA 94103 | | 861-4444 |
| * MISSION COMMUNITY LEGAL DEFENSE<br>2940 - 16th Street<br>San Francisco, CA 94103 | Advocacy:<br>Legal:<br>Immigration: | 552-7208<br>-3910<br>-7194 |
| * NATIONAL LAWYERS GUILD REFERRAL PANEL<br>558 Capp Street<br>San Francisco, CA 94110 | | 647-5297 |

| | |
|---|---|
| * NIHONMACHI (Japanese Legal Outreach)<br>2012 Pine Street<br>San Francisco, CA 94115 | 567-6255 |
| * PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S.)<br>890 Hayes<br>San Francisco, CA 94117 | 552-8100 |
| * REVERSE ANNUITY MORTGAGES PROGRAM<br>1107 Oak<br>San Francisco, CA 94117 | 863-7800 |
| * SAN FRANCISCO CONSUMER ACTION (See Consumer Action in white pages)<br>693 Mission, Room 403<br>San Francisco, CA 94105 | 777-9635 |
| * SAN FRANCISCO COMMUNITY LAW COLLECTIVE<br>503 Dolores<br>San Francisco, CA 94110 | 863-1530 |
| * SAN FRANCISCO LAWYERS' COMMITTEE FOR URBAN AFFAIRS<br>625 Market Street, Suite 915<br>San Francisco, CA 94105 | 543-9444 |
| * SAN FRANCISCO PUBLIC GUARDIAN<br>1212 Market Street<br>San Francisco, CA 94102 | 558-4161 |
| * SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE<br>870 Market Street, 11th Floor<br>San Francisco, CA 94102 | 433-2535 |
| SMALL CLAIMS COURT<br>Municipal Court, City Hall<br>San Francisco, CA 94102 | 558-2056 |
| * SUPPORT SERVICES FOR ELDERS, INC.<br>50 Oak Street<br>San Francisco, CA 94102 | 552-6776 |

## MENTAL HEALTH

| | |
|---|---|
| ADULT CHILDREN OF AGING PARENTS | 567-8860 |
| CENTER FOR SPECIAL PROBLEMS<br>2107 Van Ness Street, 2nd Floor<br>San Francisco, CA 94109 | 558-4801 |
| * FAMILY SURVIVAL PROJECT<br>(Stroke & Brain Damaged Adults)<br>1736 Divisadero<br>San Francisco, CA 94115 | 921-5400 |
| FORT HELP<br>169 - 11th Street<br>San Francisco, CA 94103 | 864-4357 |
| * GERIATRIC EVALUATION CLINIC<br>PRESBYTERIAN HOSPITAL OF PACIFIC MED. CENTER<br>2324 Sacramento Street<br>P.O. BOX 7999<br>San Francisco, CA 94115 | 563-4321<br>Ext.2303 |
| * GERIATRIC INFORMATION, COUNSELING & REFERRAL SERVICE<br>(Med.) Clinic of Mt. Zion<br>Hospital & Med. Center<br>2356 Sutter St.<br>San Francisco, CA 94115 | 885-7592 |
| * GERIATRIC MEDICAL CLINIC OF MT. ZION HOSPITAL<br>AND MEDICAL CENTER<br>1600 Divisadero Street<br>San Francisco, CA 94115 | 885-7590 |
| * GERIATRIC SERVICES (Tenderloin, So. of Market to Bush, Central City)<br>CMHS ( COMMUNITY MENTAL HEALTH SERVICES )<br>Central City Seniors Unit<br>1182 Market Street, 2nd Floor<br>San Francisco, CA 94102<br>Linda LiBrize, Program Manager | 777-3311 |
| * GERIATRIC SERVICES, (Southeast, Mission)<br>CMHS (COMMUNITY MENTAL HEALTH SERVICES)<br>3905 Mission Street<br>San Francisco, CA 94112<br>Anne Cowan, Program Manager | 558-2656 |
| 810 Capp Street (After 5:00 p.m. and weekends)<br>San Francisco, CA 94110 | 558-2071 |

| | |
|---|---|
| * GERIATRIC SERVICES, (Western Addition Pac. Hts. Marina, Fillmore, Haight, parts of Tenderloin)<br>CMHS - COMMUNITY MENTAL HEALTH SERVICES<br>Family Service Agency<br>1010 Gough Street<br>San Francisco, CA 94109<br>Mary Emma Dean, Program Manager | 474-7310<br>Ext. 254 |
| * GERIATRIC SERVICES, (Chinatown, North Beach)<br>CMHS - COMMUNITY MENTAL HEALTH SERVICES<br>1548 Stockton Street<br>San Francisco, CA 94133<br>Rudy Kao, Program Manager | 398-0981 |
| * GERIATRIC SERVICES, (Omi, Richmond, and Sunset) Western<br>CMHS - COMMUNITY MENTAL HEALTH SERVICES<br>Children's Hospital program at:<br>1351 - 42nd Avenue<br>San Francisco, CA 94122<br>Donley Smith, Program Manager | 753-6073 |
| ** EMERGENCY psychiatry at S.F. General for all the Geriatric Service Centers | 821-8200 |
| * INDOCHINESE MENTAL HEALTH SERVICE<br>2209 Van Ness<br>San Francisco, CA 94109 | 771-1991 |
| * McAULEY NEUROPSYCHIATRIC INSTITUTE<br>450 Stanyan<br>San Francisco, CA 94117 | 668-1000 |
| * MENTAL HEALTH ASSOC. OF SAN FRANCISCO<br>2398 Pine<br>San Francisco, CA 94115 | 921-4401 |
| *(OPERATION CONCERN OF PACIFIC)<br>G.L.O.E. - GAY & LESBIAN OUTREACH TO ELDERS<br>1853 Market Street<br>San Francisco, CA 94103 | 626-7000 |
| * PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S.)<br>890 Hayes Street, 2nd Floor<br>San Francisco, CA 94117 | 552-8100 |
| * PROGRESS FOUNDATION (Rypins & Carrol House)<br>(Residential & Day Treatment)<br>368 Fell Street<br>San Francisco, CA 94102 | 821-0697<br>861-0828 |

| | |
|---|---|
| * S.F. SUICIDE PREVENTION<br>3940 Geary<br>San Francisco, CA 94118 | CMHS Line: 387-5100<br>221-1423 |
| * STATE DEPARTMENT OF MENTAL HEALTH<br>OFFICE OF MENTAL HEALTH SOC. SERVICE<br>3330 Geary, Room 200<br>San Francisco, CA 94118 | 752-6533 |

## NEWCOMER SERVICES/FOREIGN LANGUAGES

| | |
|---|---|
| * CATHOLIC SOCIAL SERVICE (Spanish)<br>2940 - 16th Street<br>San Francisco, CA 94103 | 861-8306 |
| * CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT<br>220 Golden Gate 2nd Floor<br>San Francisco, CA 94102 | 885-2743 |
| * CHINESE NEWCOMERS SERVICE CENTER<br>777 Stockton<br>San Francisco, CA 94108 | 421-0943 |
| * FILIPINO AMERICAN COUNCIL<br>2948 16th Street<br>San Francisco, CA 94103 | 626-0773 |
| * INTERNATIONAL INSTITUTE OF SAN FRANCISCO<br>2209 Van Ness Avenue<br>San Francisco, CA 94109 | 673-1720 |
| * ITALIAN WELFARE AGENCY<br>678 Green Street<br>San Francisco, CA 94133 | 362-6423 |
| * JAPANESE FAMILY SERVICE PROGRAM<br>Family Service Agency<br>1010 Gough Street<br>San Francisco, CA 94109 | 474-7310 |
| * JEWISH FAMILY SERVICE (Russian/Farsi)<br>1600 Scott Street<br>San Francisco, CA 94115 | 567-8860 |
| * KIMOCHI, INC.<br>1581 Webster, Room 10<br>San Francisco, CA 94115 | 931-2294 |
| * KOREAN COMMUNITY SERVICE CENTER<br>3136 Fulton<br>San Francisco, CA 94118 | 567-3267<br>386-8333 |
| * LA RAZA INFORMATION CENTER<br>3174 - 24th Street<br>San Francisco, CA 94110 | 826-5855 |
| * MISSION LANGUAGE & VOCATIONAL SCHOOL<br>2929 - 19th Street<br>San Francisco, CA 94110 | 648-5220 |
| * MULTI-SERVICES CENTER FOR KOREANS<br>1362 Post<br>San Francisco, CA 94109 | 441-1881 |

## NEWCOMER SERVICES/FOREIGN LANGUAGES: (cont'd)

| | |
|---|---|
| * NOBIRU-KAI JAPANESE NEWCOMERS SERVICE<br>(See Japanese Newcomers Service)<br>1858 Sutter<br>San Francisco, CA 94115 | 922-2033 |
| * ON LOK SENIOR HEALTH SERVICES<br>1441 Powell<br>San Francisco, CA 94133 | 989-2578 |
| * POLISH ARTS & CULTURAL FOUNDATION<br>1290 Sutter Street<br>San Francisco, CA 94115 | 474-7070 |
| * RUSSIAN AMERICAN COMMUNITY SERVICES<br>674 - 37th Street<br>San Francisco, CA 94121 | 387-5336 |
| * SAMOANS FOR SAMOANS OF CALIFORNIA<br>2232 Mission<br>San Francisco, CA 94110 | 861-5180 |
| * SAN FRANCISCO REFUGEE HEALTH AGENCY<br>220 Golden Gate<br>San Francisco, CA 94102 | 673-8435 |
| * SELF-HELP FOR THE ELDERLY<br>640 Pine Street<br>San Francisco, CA 94108 | 982-9171 |
| * TRAVELERS AID SOCIETY OF SAN FRANCISCO<br>38 Mason<br>San Francisco, CA 94102<br><br>P.O. BOX 231 (Mailing address)<br>San Francisco, CA 94101 | 781-6738 |
| * YWCA - CHINATOWN BRANCH<br>965 Clay<br>San Francisco, CA 94108 | 397-6886 |

## PROFESSIONAL SOCIETIES & GROUPS

CALIFORNIA INSTITUTE OF SENIOR CENTERS 235-8261
2253 Carquinez Avenue
El Cerrito, CA 94530

CALIFORNIA SPECIALISTS ON AGING 922-5438
(Services for Seniors - David Newcomer)
1280 Laguna
San Francisco, CA 94115

* CASE (COALITION OF AGENCIES SERVING THE ELDERLY)
c/o San Francisco Home Health Services Answering Service: 626-1033
225 - 30th Street
San Francisco, CA 94131

* GERONTOLOGICAL SOCIETY (202) 393-1411
1411 - K Street, NW #300
Washington, DC 20005

* NCOA (NATIONAL COUNCIL ON AGING) 864-4460
1182 Market Street, Room 417
San Francisco, CA 94102

NATIONAL INSTITUTE OF SENIOR CENTERS (NCOA) (202) 479-1200
600 Maryland Avenue, SW, West Wing 100
Washington, DC 20024

* WESTERN GERONTOLOGICAL SOCIETY 543-2617
833 Market Street, Room 516
San Francisco, CA 94103

## RECREATION

| | |
|---|---|
| ARTS FOR ELDERLY/MINISTRY FOR ELDERLY<br>1449 Cornell<br>Berkeley, CA 94702 | 525-5181 |
| * ARTWORKS AT MT. ZION<br>IN-HOME CREATIVE ARTS & RECREATION<br>MOUNT ZION HOSPITAL AND MEDICAL CENTER<br>1600 Divisadero Street<br>San Francisco, CA 94115 | 885-7586 |
| * DOCENT TOURS FOR THE DEAF<br>Fine Arts Museums of San Francisco<br>Golden Gate Park<br>San Francisco, CA 94118 | 750-3638 |
| * FEEDBACK PRODUCTIONS/TALE SPINNERS<br>Building C, Ft. Mason<br>San Francisco, CA 94123 | 776-8477 |
| * RECREATION FOR THE HANDICAPPED<br>207 Skyline Blvd.<br>San Francisco, CA 94132 | 665-4100 |
| * SAN FRANCISCO RECREATION & PARK DEPT.<br>McLaren Lodge<br>Stanyan & Fell Streets<br>San Francisco, CA 94117 | 558-4952 |
| SAN FRANCISCO TICKET BOX OFFICE (STBS)<br>Union Square | 433-STBS |
| * SPECIAL AUDIENCES, INC.<br>1182 Market Street, Room 311<br>San Francisco, CA 94102 | 552-3505 |

## SELF-HELP & SUPPORT GROUPS

(Note: With the exception of the few marked with an *, there are no pages with further information on the following groups. Please call numbers listed for further information).

Self-Help Directory available - call 921-4401

### ALCOHOLISM

AA FOR SENIOR CITIZENS (ALEXIS APTS.) 495-3690
380 Clementina Street
San Francisco, CA 94102

* HARBOR LIGHTS (Salvation Army) 864-7000
1275 Harrison
San Francisco, CA 94103

### ARTHRITIS

* ARTHRITIS FOUNDATION (North California) 673-6882
203 Willow, Suite 201
San Francisco, CA 94109

### BURNS

St. Francis Hospital 775-4321
900 Hyde Street Ext.2580
San Francisco, CA 94109

### CANCER

FAMILIES OF CANCER PATIENTS 885-7326
Mt. Zion Hospital
1600 Divisadero
San Francisco, CA 94115

ONCOLOGY PATIENT SUPPORT GROUP 668-1000
St. Mary's Hospital Oncology Social Worker: Ext.5775
450 Stanyan
San Francisco, CA 94117

Marshall Hale Hospital 666-7768
3773 Sacramento
San Francisco, CA 94118

### DEAFNESS

DEAFENED ADULT SOCIAL GROUP 775-5700
c/o San Francisco Hearing Society
1428 Bush Street
San Francisco, CA 94109
Barbara Bell

## DIABETES

AMERICAN DIABETES ASSOCIATION 644-0920
2550 - 9th Street, #114
Berkeley, CA 94710

## DRUGS

NARCOTICS ANONYMOUS 893-26B6
P.O. BOX 6150
San Francisco, CA 94101

## EPILEPSY

EPILEPSY SOCIETY OF SAN FRANCISCO 346-9075
3221 Pierce Street, Room 6
San Francisco, CA 94123

## GAMBLING

GAMBLERS ANONYMOUS 635-6620
Calvary Church
19th & Judah
San Francisco, CA 94122

## GENERAL ILLNESS & DISABILITY

UNITED CEREBRAL PALSY 776-5111
25 Taylor, 5th Floor
San Francisco, CA 94102

FAMILY SUPPORT GROUP (For Families of Disabled) 668-1000
450 Stanyan Ext.5775
San Francisco, CA 94117

## HEART DISEASES

HEART TO HEART 433-2273
421 Powell
San Francisco, CA 94102

## LUNG DISEASES

AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO 543-4410
833 Market
San Francisco, CA 94103

BETTER BREATHERS' CLUB
National Red Cross Building
1550 Sutter
San Francisco, CA 94102
Jerrie Patterson

## SELF-HELP & SUPPORT GROUPS: (cont'd)

### MENTAL ILLNESS

RECOVERY INCORPORATED — 351-2540
1st Congregational
Powell & Mission
San Francisco, CA 94109

### MULTIPLE SCLEROSIS

SAN FRANCISCO INDEPENDENT LIVING PROJECT — 751-8765
4429 Cabrillo
San Francisco, CA 94121

SAN FRANCISCO MULTIPLE SCLEROSIS RAP GROUP — 268-0572
520 3rd Street, #104
Oakland, CA 94607
Debra Wiener/Howard Pollack

### SOCIAL & FAMILY STRESSES

* LINKS - Widows & Widowers — 661-4400
1351 - 24th Avenue
San Francisco, CA 94122

G.L.O.E. (GAYS, LESBIAN OUTREACH TO ELDERS) — 626-7000
* OPERATION CONCERN - Gay & Lesbian Counseling
Pacific Medical Center
1853 Market
San Francisco, CA 94103

SUPPORT GROUPS FOR BATTERED WOMEN — 864-4722

* WIDOW-WIDOWER OUTREACH PROGRAM — 567-8860 Ext. 28
Jewish Family & Children Service
1600 Scott Street
San Francisco, CA 94115
Helen Lucks

### STROKE

SAN FRANCISCO STROKE CLUB — 433-2273
American Heart Association
421 Powell
San Francisco, CA 94102
Jarvis Green

STONESTOWN YMCA STROKE CLUB — 759-9622

## WOMEN

AMERICAN CANCER SOCIETY, SAN FRANCISCO CHAPTER 673-7979
(Reach for Recovery - Breast Cancer
Call for other Women's Groups)

* OPTIONS FOR WOMEN OVER 40 431-6944
3543 - 18th Street
San Francisco, CA 94110
Pat Durham

W.O.M.A.N., INC. (Battered Women) 864-4722
2940 - 16th Street, Room 202
San Francisco, CA 94103

## VISUAL HANDICAPS

* NATIONAL ASSOC. FOR VISUALLY HANDICAPPED 221-8754
(Adult Discussion Group)
3201 Balboa
San Francisco, CA 94121
Pam Santos

## WEIGHT CONTROL

OVEREATERS ANONYMOUS 863-2299
P.O. BOX 31498
San Francisco, CA 94131
Sheila Riech

## SENIOR CLUBS, GROUPS, ETC.

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| ALEMANY SENIOR CENTER<br>St. Anthony's Parish Hall<br>Precita Avenue & Shotwell Street<br>Mondays, 10:00 a.m. to 3:00 p.m.<br>No phone | | | | X | | |
| ALEXIS APARTMENTS<br>390 Clementina<br>San Francisco, CA 94103<br>495-3690 | | X | | | | X |
| AMERICAN ASSN. OF RETIRED PERSONS<br>Numerous chapters in SF<br>For information contact Mrs. Zimmerman<br>731-8522 | | | | | | X |
| AQUATIC PARK SENIOR CENTER<br>890 Beach<br>San Francisco, CA 94109<br>775-1866 | | | | | | X |
| * BAYVIEW CRISPUS ATTUCKS<br>1201 Mendell Street<br>San Francisco, CA 94124<br>648-1600 | X | | | | | |
| * BAYVIEW HUNTERS POINT SENIOR CENTER<br>1706 Yosemite<br>San Francisco, CA 94124<br>822-1444 | X | | | | | |
| BERNAL HEIGHTS<br>Moultrie & Jarboe<br>647-7294<br>Thursday 10:30 to 3:00 | | | | | X | X |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| BERNAL HEIGHTS SENIOR CENTER<br>515 Cortland<br>San Francisco, CA 94110<br>648-0330<br>Monday - Friday 9:00 to 2:00 p.m. | X | | | | | |
| BOOKER T. WASHINGTON COMMUNITY SERVICE CENTER<br>800 Presidio Avenue<br>San Francisco, CA 94115<br>921-4758<br>Timothy Dupre | X | X | | | | X |
| * CALIF. ASSN. FOR OLDER AMERICANS (GLIDE SENIORS)<br>330 Ellis Street, Room 611<br>San Francisco, CA 94102<br>Rev. Peet<br>771-0226 (Meets on Thursday) | | | | | | X |
| * CALIF. LEAGUE FOR THE HANDICAPPED<br>1299 Bush Street<br>San Francisco, CA 94109<br>441-1980 | X | | | | | |
| CALIF. RETIRED TEACHERS ASSOC.<br>San Francisco Division<br>1805 Loyola Dr.<br>Burlingame, CA 94010<br>Dr. Myron Moskowitz<br>No phone | | | | | | X |
| CALVARY PRESBYTERIAN SENIOR CENTER<br>Calvary Presbyterian Church<br>2515 Fillmore Street<br>San Francisco, CA 94115<br>346-3832<br>Rev. Ray Capper<br>Tuesday - 11:00 a.m. to 1:00 p.m. | | | | | | X |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| CANON KIP COMMUNITY HOUSE<br>705 Natoma<br>San Francisco, CA 94103<br>861-6801 | X | X | | | | |
| CAYUGA - Cayuga & Naglee<br>San Francisco, CA 94112<br>584-9622<br>Mon/Tues/Fri - 10:30 a.m. to 3:00 p.m. | | | | | X | |
| CENTRAL CITY HOSPITALITY HOUSE<br>146 Leavenworth<br>San Francisco, CA 94102<br>776-2102<br>Art workshops for all ages | | | | | | |
| CHALMERS<br>Brunswick & Whittier<br>San Francisco, CA 94112<br>585-2280<br>Thursday - 10:30 a.m. to 3:00 p.m. | | | | | X | |
| CHINESE CENTER<br>Washington & Mason<br>San Francisco, CA 94108<br>885-2883<br>1st & 3rd Tuesday - 11:00 a.m. to 2:00 p.m. | | | | | X | |
| CONGREGATION ADATH ISRAEL<br>1851 Noriega Street<br>San Francisco, CA 94122<br>564-5665 | | X | | | | X |
| CONGREGATION BETH SHALOM<br>320 15th Avenue<br>San Francisco, CA 94118<br>221-1025 | | X | | | | X |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| CONGREGATE MEALS<br>For information and list of sites, call 626-1033<br>- Senior Information, Referral & Health Promotion | | | | | | |
| CORPUS CHRISTI SENIOR CITIZENS CLUB<br>Church Auditorium, Santa Rosa & Alemany<br>Croker Amazon, Italy & Moscow Streets<br>San Francisco, CA 94112<br>No phone<br>Monday, 11:00 a.m. to 2:30 p.m.<br>333-4797<br>Thursday 10:00 a.m. to 3:00 p.m. | | | | X | | |
| * CREATIVE RETIREMENT PROGRAMS<br>St. Francis Lutheran Church<br>152 Church<br>San Francisco, CA 94113<br>621-2635 | X | | | | | |
| * Crocker Amazon<br>Italy & Moscow<br>San Francisco, CA 94112<br>333-4797<br>Thursday - 10:00 to 3:00 | | | | | X | |
| DIAMOND SENIOR CITIZENS CLUB<br>St. Philips Church<br>Thursday - 11:00 to 1:00 p.m. | | | | X | | |
| * DIAMOND SENIOR CENTER<br>(Haight-Ashbury Senior Services)<br>117 Diamond Street<br>San Francisco, CA 94114<br>863-3507 | X | | | | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| DON BOSCO SENIOR CLUB<br>Corpus Christi Church Auditorium<br>No phone<br>Wednesday - 11:00 a.m. to 2:00 p.m. | | | | X | | |
| * DOWNTOWN SENIOR CENTER<br>625 O'Farrell Street<br>San Francisco, CA 94102<br>771-7950 | X | X | | | | |
| EPIPHANY'S SR. CITIZENS' CLUB<br>Church of the Epiphany - C.Y.O. Room<br>Corner of Amazon Ave. & Naples Street<br>No phone<br>Friday - 11:45 a.m. to 2:45 p.m. | | | | X | | |
| EUREKA VALLEY<br>18th & Collingwood<br>San Francisco, CA 94114<br>863-3531<br>Wednesday - 10:30 a.m. to 3:00 p.m. | | | | | X | |
| EXCELSIOR<br>Russia & Madrid<br>San Francisco, CA 94112<br>585-3008<br>Thursday - 10:30 a.m. to 3:00 p.m. | | | | | X | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| FIL-AMERICAN SR. CITIZENS' CENTER<br>3483 Mission<br>San Francisco, CA 94110<br>285-2076 | X | | | | | |
| * FILIPINO-AMERICAN COUNCIL OF SAN FRANCISCO<br>2948 - 16th Street<br>San Francisco, CA 94103<br>626-0773 | X | X | | | | |
| FORTNIGHTERS OF FIRST CONGREGATIONAL CHURCH<br>432 Mason<br>San Francisco, CA 94102<br>392-7461 (Every other Saturday) | | | | | | X |
| * FRANCIS OF ASSISI<br>145 Guerrero<br>San Francisco, CA 94103<br>861-5790 | X | X | | | | |
| GLEN PARK<br>Bosworth & O'shaughnessy<br>San Francisco, CA 94131<br>585-2875<br>Tuesday - 10:30 to 3:00 p.m. | | | | | X | |
| * GLIDE SENIORS<br>330 Ellis<br>San Francisco, CA 94102<br>771-0226<br>Meets every Thursday | | | | | | X |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| GOLDEN GATE PARK SR. CENTER<br>6101 Fulton<br>San Francisco, CA 94121<br>751-4926<br>Open Monday to Friday (Call for hours)<br>Saturday 10:00 a.m. to 5:00 p.m.<br>Sunday 10:00 a.m. to 5:00 p.m. | X | | | | X | X |
| * HAIGHT ASHBURY SENIOR SERVICES<br>1350 Waller<br>San Francisco, CA 94117<br>621-1112 | X | X | | | | |
| HAMILTON<br>Geary & Steiner<br>San Francisco, CA 94115<br>931-0930<br>Wednesday - 10:30 a.m. to 2:30 p.m. | | | | | X | |
| HOLY NAME SENIOR PARISHIONERS CLUB<br>Library Room (Enter by schoolyard)<br>No phone<br>Thursday - 11:00 to 2:00 p.m. | | | | X | | |
| ILWU PENSIONERS - SAN FRANCISCO BAY AREA<br>Longshoremen's Hall<br>400 North Point<br>San Francisco, CA 94133<br>474-0300 | X | | | | | |
| * INGLESIDE PRESBYTERIAN CHURCH<br>INGLESIDE SENIOR CENTER<br>1345 Ocean Avenue<br>San Francisco, CA 94112<br>587-4472 | X | X | | | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * JEWISH COMMUNITY CENTER<br>MONTIFIORE SENIOR CENTER<br>3200 California<br>San Francisco, CA 94118<br>346-6040 | X | X | | | | |
| JOHN F. KENNEDY TOWER RES. ASSN.<br>2451 Sacramento Street<br>San Francisco, CA 94115<br>No phone | | | X | | | |
| JOSEPH LEE<br>Oakdale & Mendell<br>San Francisco, CA 94124<br>822-9040<br>Wednesday - 10:30 a.m. to 3:00 p.m. | | X | | | X | |
| KIMOCHI, INC.<br>1581 Webster, #10<br>San Francisco, CA 94115<br>931-2294 | X | X | | | | |
| KOREAN COMMUNITY SERVICE CENTER<br>3136 Fulton<br>San Francisco, CA 94118<br>567-3267<br>386-8333 | X | X | | | | |
| LATIN AMERICAN NAT'L CITIZENS ASSOCIATION (LANSCA)<br>225 - 30th Street, 2nd Floor<br>San Francisco, CA 94131<br>641-0951<br>Graciela Cashion | | | | | | X |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| LINCOLN PARK PRESBYTERIAN CHURCH<br>"LINCOLN PARK SENIOR CENTER"<br>417 - 31st Avenue<br>San Francisco, CA 94121<br>751-1140 | X | | | | | |
| * LOS MAYORES DE CENTRO LATINO<br>180 Fair Oaks<br>San Francisco, CA 94110<br>826-1647<br>Center and lunch Monday, Tues, Wed. & Fri.<br>826-3411 (transportation) | X | | | X | | |
| LUTHERAN CHURCH OF THE SAVIOR<br>1011 Garfield<br>San Francisco, CA 94132<br>586-7890<br>Thursday - 10:00 a.m. to 2:00 p.m. | X | | | | | |
| * MARTIN DE PORRES HOUSE<br>2826 - 23rd Street<br>San Francisco, CA 94110<br>550-9091 | | X | | | | |
| MIDTOWN TERRACE<br>Clarendon Drive & Olympia Way<br>San Francisco, CA 94131<br>564-1347 | | | | | X | |
| MIRALOMA COMMUNITY CHURCH<br>480 Teresita Blvd.<br>San Francisco, CA 94127<br>333-2239<br>Betty Suen | | | | | | X |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * MISSION NEIGHBORHOOD CENTER<br>362 Capp Street<br>San Francisco, CA 94110<br>826-0440 | X | X | | | | |
| MISSION SENIOR CLUB<br>19th & Linda<br>San Francisco, CA 94110<br>550-0604<br>Thursday - 11:00 to 3:00 p.m. | | | | | X | X |
| MISSION DOLORES RESIDENTS ASSN.<br>1855 - 15th Street<br>San Francisco, CA 94103<br>No phone | | | X | | | |
| NATIONAL ASSN. OF RETIRED FEDERAL EMPLOYEES (NARFE), Chapter #65<br>129 Beaumont Avenue<br>San Francisco, CA 94118<br>921-6082<br>Ralph M. Hockley, President | | | | | | X |
| * NATIVE AMERICAN INDIAN SENIOR CENTER<br>544 Hayes<br>San Francisco, CA 94102<br>431-7030 | X | X | | | | |
| NATIVE DAUGHTERS OF THE GOLDEN WEST<br>555 Baker Street<br>San Francisco, CA 94117<br>751-1388<br>Amelia Sheehan, State Chairman | | | | | | X |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| NINE NINE ZERO PACIFIC RESIDENTS' ASSN.<br>990 Pacific Avenue<br>San Francisco, CA 94133 | | | X | | | |
| NINE THREE NINE EDDY STREET<br>951 Eddy Street<br>San Francisco, CA 94109 | | | X | | | |
| NORIEGA SENIOR SERVICES CENTER<br>Office: 1819 - 43rd Avenue<br>San Francisco, CA 94122<br>665-0575<br><br>Center: 3601 Noriega Street<br>San Francisco, CA 94122<br>665-6844 | X | X | | | | |
| * NORTH BEACH SENIOR CITIZEN CLUB<br>St. Peter & Paul Church (Girls Gym)<br>621 Filbert<br>San Francisco, CA 94133<br>No phone<br>Tuesday 1:00 to 3:00 p.m. | | | | X | | X |
| * NORTH OF MARKET SENIOR SERVICE CENTER<br>333 Turk<br>San Francisco, CA 94102<br>885-2274 | X | X | | | | |
| ODD FELLOWS & REBEKAHS<br>26 - 7th Street<br>San Francisco, CA 94103<br>431-1553<br>Robert Whitten | | | | | | X |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| OLD FIRST PRESBYTERIAN CHURCH<br>1751 Sacramento<br>San Francisco, CA 94109<br>776-5552<br>Monday | X | | | | | |
| OLD ST. MARY'S SENIOR PARISHIONERS CLUB<br>St. Mary's Center<br>No phone<br>Friday 12:30 to 2:30<br>Members may attend mass at 2:05 | | | | X | | |
| * OMI SENIOR NEIGHBORHOOD CENTER<br>333 Randolph Street<br>San Francisco, CA 94132<br>587-1443 | X | X | | | | |
| ONE EIGHT EIGHT ZERO PINE RESIDENTS ASSN.<br>1880 Pine Street<br>San Francisco, CA 94109<br>No phone | | | X | | | |
| ONE SEVEN FIVE ZERO McALLISTER RESIDENTS ASSN<br>1750 McAllister Street<br>San Francisco, CA 94115<br>No phone | | | X | | | |
| ONE SEVEN SIX ZERO BUSH RESIDENTS<br>1760 Bush<br>San Francisco, CA 94109<br>No phone | | | X | | | |
| ORDER OF THE SONS OF ITALY IN AMERICA<br>5051 Mission Street<br>San Francisco, CA 94112<br>282-6718<br>Anthony P. Sola | | | | | | X |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| POTRERO HILL NEIGHBORHOOD HOUSE<br>953 DeHaro Street<br>San Francisco, CA 94107<br>826-8080 | | X | | | | |
| PRESBYTERIAN CHURCH-CHINATOWN<br>925 Stockton<br>San Francisco, CA 94108<br>392-1500<br>Wednesdays | X | | | | | |
| PROVIDENCE SENIOR CENTER<br>214 Haight Street<br>San Francisco, CA 94117<br>No phone<br>Tuesday - 10:00 a.m. to 3:00 p.m. | | | | X | | |
| RETIRED EMPLOYEES OF CITY & COUNTY OF S.F.<br>3650 Mission Street<br>San Francisco, CA 94110<br>285-2825<br>Kayte Firpo, Secretary | | | | | | X |
| RETIREES CLUB<br>DEPT. STORE EMPLOYEES UNION 1100<br>1345 Mission Street<br>San Francisco, CA 94103<br>863-3823<br>Mr. Pat Kelly | | | | | | X |
| ROSA PARK SENIOR CENTER<br>1111 Buchanan Street<br>San Francisco, CA 94115<br>921-2424<br>Monday to Friday - 9:00 to 4:30 p.m. | X | X | | | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * RUSSIAN AMERICAN COMMUNITY SERVICES<br>674 - 37th Avenue<br>San Francisco, CA 94121<br>387-5336 | X | X | | | | |
| ST. AGNES ADULT CENTER<br>St. Agnes Church<br>1025 Masonic Avenue<br>San Francisco, CA 94117<br>Meets 2nd & 4th Friday | | | | X | | |
| ST. ANNE'S ADULT CLUB<br>School Cafeteria<br>1330 - 14th Avenue<br>San Francisco, CA 94122<br>No phone<br>Tuesday - 1:00 p.m. to 3:00 p.m. | | | | X | | |
| ST. ANNE'S SENIOR CLUB<br>300 Lake Street<br>San Francisco, CA 94118<br>No phone<br>Monday - 1:00 to 3:00 p.m. | | | | X | | |
| ST. BRENDAN'S SENIOR CLUB<br>29 Rockaway Avenue<br>San Francisco, CA 94127<br>No phone<br>Meets periodically | | | | X | | |
| ST. CECILIA'S SENIOR CENTER<br>2555 - 17th Avenue, Green Room<br>San Francisco, CA 94116<br>No phone<br>Wednesday - 10:00 a.m. to 1:30 p.m. | | | | X | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| ST. ELIZABETH'S OVER 50 CLUB<br>School Auditorium<br>Wayland & Somerset Streets<br>No phone<br>Thursday - 12:30 to 2:30 p.m. | | | | X | | |
| ST. ELIZABETH'S YOUNG AT HEART<br>100 Masonic<br>San Francisco, CA 94118<br>No phone<br>Monday - 11:00 a.m. to 2:00 p.m. | | | | X | | |
| ST. EMYDIUS SENIOR CITIZENS' CLUB<br>DYNAMIC GOOD NEIGHBORS<br>270 Ashton Street<br>San Francisco, CA 94112<br>No phone<br>2nd & 4th Wednesdays - 10:30 a.m. to 2:30 p.m. | | | | X | | |
| ST. FINN BARR SR. CITIZENS' CLUB<br>415 Edna<br>San Francisco, CA 94112<br>No phone<br>Wednesday - 1:00 to 3:00 p.m. | | | | X | | |
| ST. FRANCIS MEAL SERVICE<br>First Congregational Church<br>Post & Mason Streets<br>San Francisco, CA 94102<br>392-7463 | X | X | | | | |
| ST. FRANCIS SR. CITIZENS' CLUB<br>610 Vallejo<br>San Francisco, CA 94133<br>No phone<br>First Friday - 1:00 to 2:30 p.m. | | | | X | | |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| ST. JOHN'S SENIOR CITIZENS' CLUB<br>19th Street & Mary's Avenue<br>San Francisco, CA 94103<br>No phone<br>Monday - 11:00 a.m. to 2:00 p.m. | | | | X | | |
| ST. MARKS LUTHERAN CHURCH SR. CENTER<br>1101 O'Farrell Street<br>San Francisco, CA 94109<br>928-7770<br>Friday only | X | X | | | | |
| ST. MARY'S CATHEDRAL SR. CITIZENS' CLUB<br>Lower level, entrance on Gough Street<br>No phone<br>Monday - 1:00 to 3:00 p.m. | | | | X | | |
| ST. MARY<br>Justin & Murray<br>San Francisco, CA 94112<br>826-2331<br>Tuesday - 10:30 to 3:00 p.m. | | | | | X | X |
| ST. MICHAEL'S GOLDEN AGER'S CLUB<br>32 Broad Street (Rectory)<br>San Francisco, CA 94112<br>No phone<br>1st & 3rd Thursday - 1:00 to 3:00 p.m. | | | | X | | |
| ST. PAUL'S GOLDEN AGERS CLUB<br>221 Valley Street, Rectory Hall<br>San Francisco, CA 94131<br>No phone<br>Tuesday - 1:00 to 3:00 p.m. | | | | X | | |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| ST. PETER'S SENIOR CENTER<br>1200 Florida Street<br>San Francisco, CA 94110<br>No phone<br>Friday - 10:00 a.m. to 2:00 p.m. | | | | X | | |
| ST. STEPHEN'S SR. SOCIAL CLUB<br>Donworth Hall<br>475 Eucalyptus Drive<br>San Francisco, CA 94132<br>No phone<br>Thursday - 11:00 a.m. to 2:00 p.m. | | | | X | | |
| ST. THERESA'S SR. CITIZENS CLUB<br>Church Hall<br>19th & Connecticut Streets<br>No phone<br>Friday - 1:00 to 2:00 p.m. | | X | | X | | |
| ST. VINCENT DE PAUL SR. CENTER<br>705 Natoma<br>San Francisco, CA 94103<br>No phone<br>Mon. Thurs. & Fri - 1:00 to 3:00 p.m. | | | | X | | |
| SALVATION ARMY MISSION SENIOR CORPS<br>1156 Valencia<br>San Francisco, CA 94110<br>648-0276 | X | X | | | | |
| * SALVATION ARMY SENIOR ACTIVITY CENTER<br>360 - 4th Street<br>San Francisco, CA 94107<br>777-2677 | X | X | | | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * SALVATION ARMY SR. NUTRITION PROGRAM SITE INFO.<br>360 - 4th Street<br>San Francisco, CA 94107<br>777-2677 | | X | | | | |
| * SALVATION ARMY TURK STREET SENIOR CENTER<br>240 Turk Street<br>San Francisco, CA 94102<br>928-7078 | X | | | | | |
| SAN FRANCISCO CHINATOWN CORPS<br>450 Powell Street<br>San Francisco, CA 94133<br>781-7360 | X | X | | | | |
| * SAN FRANCISCO HOME HEALTH SENIOR CENTER<br>225 - 30th Street<br>San Francisco, CA 94131<br>285-5615 | X | X | | | | |
| * SAN FRANCISCO SENIOR CENTER<br>890 Beach Street (Aquatic Park)<br>San Francisco, CA 94109<br>775-1866 | X | X | | | | |
| SECOND SPRINGTIMERS<br>St. Paul of the Shipwreck<br>Church-Upper Room<br>1122 Jamestown Avenue<br>San Francisco, CA 94124<br>467-0660<br>2nd & 4th Fridays<br>10:00 a.m. to 12:00 p.m. | | | | X | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * SELF-HELP FOR THE ELDERLY<br>640 Pine Street<br>San Francisco, CA 94108<br>982-9171 | X | X | | | | |
| * SELF-HELP FOR THE ELDERLY - RICHMOND<br>741 - 30th Avenue<br>San Francisco, CA 94121<br>751-3394 | X | X | | | | |
| * SERVICES FOR SENIORS, INC.<br>1280 Laguna Street<br>San Francisco, CA 94115<br>922-5438 | | X | | | | |
| SEVEN TWO FIVE DIAMOND ST. SR. CITIZENS' CLUB<br>St. Phillip's Church, Small Hall<br>Thursday - 11:00 a.m. to 1:00 p.m. | | | | X | | |
| SEVENTH AVENUE PRESBYTERIAN CHURCH<br>Senior Center<br>1329 - 7th Avenue<br>San Francisco, CA 94122<br>664-2543<br>Thursday | X | | | | | |
| SILVER BELLES<br>St. Paul's Church Hall (under Church)<br>No phone<br>Thursday - 10:00 a.m. to 2:00 p.m. | | | | X | | |
| SILVERCREST<br>133 Shipley<br>San Francisco, CA 94107<br>777-2677 | | | | | | X |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| SIX SIX SIX ELLIS RESIDENTS ASSN.<br>666 Ellis Street<br>San Francisco, CA 94109<br>No phone | | | X | | | |
| * SPRING GARDENS<br>70 Oak Street<br>San Francisco, CA 94102<br>552-5545 | X | | | | | |
| SOO YUEN BENEVOLENT ASSOC.<br>806 Clay Street<br>San Francisco, CA 94108<br>421-0601 | X | | | | | |
| SUNSET COMMUNITY EDUCATION CENTER<br>3151 Ortega<br>San Francisco, CA 94122<br>566-3800 | | X | | | | |
| SUNSET SR. CENTER<br>28th Avenue & Lawton<br>San Francisco, CA 94122<br>731-0897<br>Wednesday - 10:30 to 2:30 p.m. | | | | | X | |
| SWINGING SIXTIES, THE<br>St. Vincent de Paul Church<br>2320 Green Street, (Chapel)<br>No phone<br>1st Tuesday - 1:30 to 3:30 p.m. | | | | X | | |
| TEAMSTER UNION LOCAL 85 RETIREES CLUB<br>973 Valencia<br>San Francisco, CA 94110<br>550-9129<br>Frank Guerrero, President | | | | | | X |

SENIDR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * TELEGRAPH HILL NEIGHBORHOOD ASSOC.<br>6DD Lombard<br>San Francisco, CA 94133<br>346-D991 | X | X | | | | |
| TELEPHONE PIONEERS OF AMERICA<br>370 - 3rd Street, Room 142B<br>San Francisco, CA 941D7<br>542-7053 | | | | | | X |
| TEMPLE BAPTIST CHURCH SENIDR CENTER<br>3355 - 19th Avenue<br>San Francisco, CA 94132<br>566-4D8D | X | | | | | |
| THREE EIGHT FIVE ZERO 18th STREET RESIDENT ASSN.<br>3850 - 18th Street<br>San Francisco, CA 94114<br>No phone | | | X | | | |
| THREE FIVE ZERO ELLIS RESIDENTS ASSN<br>350 Ellis Street<br>San Francisco, CA 941D2<br>No phone | | | X | | | |
| THREE FDUR FIVE HERMANN RESIDENTS ASSN.<br>345 Hermann<br>San Francisco, CA 94117<br>No Phone | | | X | | | |
| THREE TWENTY TD THREE THIRTY CLEMENTINA RESIDENTS ASSN<br>320 Clementina<br>San Francisco, CA 941D3<br>No phone | | | X | | | |

## SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| TWENTY-FIVE SANCHEZ RESIDENTS ASSN.<br>25 Sanchez Street<br>San Francisco, CA 94114<br>No phone | | | X | | | |
| TWO SIX NINE EIGHT CALIFORNIA RESIDENTS ASSN.<br>2698 California Street<br>San Francisco, CA 94115<br>No phone | | | X | | | |
| TWO TWENTY SEVEN BAY ST. RESIDENTS ASSN.<br>227 Bay Street<br>San Francisco, CA 94133<br>No phone | | | X | | | |
| ULLOA STREET SR. CENTER<br>St. Gabriel's School Cafeteria<br>41st Avenue & Ulloa<br>No phone<br>Wednesday - 2:00 to 4:00 p.m. | | | | X | | |
| UPPER NOE<br>Day & Sanchez<br>San Francisco, CA 94131<br>647-2474<br>Wednesday - 11:30 to 3:00 p.m. | | | | | X | |
| * VISITACION VALLEY SENIOR CENTER<br>66 Raymond Avenue<br>San Francisco, CA 94134<br>467-6400 | X | X | | | | |
| * WESTERN ADDITION SENIOR CENTER<br>1390 1/2 Turk Street<br>San Francisco, CA 94115<br>921-7805<br>1390 Turk Street (Meals) | X | X | | | | |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| WEST SUNSET<br>39th Avenue & Ortega<br>San Francisco, CA 94117<br>661-8841<br>Tuesday - 10:30 to 3:00 p.m. | | | | | X | X |
| WOODSIDE GARDENS RESIDENTS ASSN.<br>255 Woodside Avenue<br>San Francisco, CA 94127<br>No phone | | | X | | | |
| WOOLF HOUSE SENIOR RESIDENCE<br>801 Howard Street<br>San Francisco, CA 94103<br>495-0837 | | X | | | | |
| * YMCA - CENTRAL BRANCH<br>220 Golden Gate<br>San Francisco, CA 94102<br>885-0460 | X | | | | | |
| * YMCA - MISSION BRANCH<br>4080 Mission Street<br>San Francisco, CA 94112<br>586-6900 | X | X | | | | |
| * YMCA - RICHMOND BRANCH<br>360 - 18th Avenue<br>San Francisco, CA 94121<br>668-2060 | X | | | | | |

SENIOR CLUBS, GROUPS, ETC. (cont'd)

| | Multipurpose Senior Groups | Nutrition Sites | S.F. Housing Authority Sr. Groups | Catholic Senior Clubs | S.F. Park & Rec. Dept. Centers | Senior Citizen Groups |
|---|---|---|---|---|---|---|
| * YMCA - STONESTOWN BRANCH<br>333 Eucalyptus Dr.<br>San Francisco, CA 94132<br>759-9622 | X | X | | | | |
| YWCA<br>620 Sutter Street<br>San Francisco, CA 94102<br>775-6500<br>(See St. Francis Meal Service) | X | X | | | | |
| * YWCA - CHINATOWN BRANCH<br>965 Clay Street<br>San Francisco, CA 94108<br>397-6883 | X | | | | | |

## SOCIAL SERVICE

| | |
|---|---|
| * CATHOLIC SOCIAL SERVICES<br>(With Catholic Committee for the Aging)<br>50 Oak Street<br>San Francisco, CA 94102 | 864-7400 |
| * CATHOLIC SOCIAL SERVICE (Mission Office)<br>2940 - 16th Street<br>San Francisco, CA 94103 | 861-8306 |
| * CHINESE NEWCOMERS SERVICES<br>777 Stockton St.<br>San Francisco, CA 94108 | 421-0943 |
| * DOWNTOWN SENIOR SOCIAL SERVICES<br>240 Jones Street<br>San Francisco, CA 94102 | 441-8762 |
| * FAMILY SERVICE AGENCY OF SAN FRANCISCO<br>1010 Gough Street<br>San Francisco, CA 94109 | 474-7310 |
| * ITALIAN WELFARE AGENCY, INC.<br>678 Green Street<br>San Francisco, CA 94133 | 362-6423 |
| JAPANESE FAMILY SERVICE PROGRAM<br>1010 Gough Street<br>San Francisco, CA 94109 | 474-7310 |
| * JAPANESE NEWCOMERS (Nobiru Kai)<br>1858 Sutter Street<br>San Francisco, CA 94115 | 922-2033 |
| * JEWISH COMMUNITY CENTER OF SAN FRANCISCO<br>3200 California Street<br>San Francisco, CA 94118 | 346-6040 |
| * JEWISH FAMILY & CHILDRENS SERVICE<br>1600 Scott<br>San Francisco, CA 94115 | 567-8860 |
| * NATIVE AMERICAN HEALTH BOARD INC.<br>56 Julian Avenue<br>San Francisco, CA 94103 | 621-8051 |
| * NORIEGA SENIOR SERVICES CENTER<br>1819 - 43rd Avenue<br>San Francisco, CA 94122 | 665-6844 |

* NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES 885-2274
  333 Turk Street
  San Francisco, CA 94102

* RUSSIAN AMERICAN COMMUNITY SERVICE 387-5336
  674 - 37th Avenue
  San Francisco, CA 94121

* SAN FRANCISCO DEPT. OF SOCIAL SERVICES 557-5251
  170 Otis Street
  San Francisco, CA 94102

* SALVATION ARMY CENTER FOR SOCIAL SERVICES 861-0755
  445 - 9th Street
  San Francisco, CA 94103

* SAN FRANCISCO SENIOR CENTER (Aquatic Park) 775-1866
  890 Beach Street
  San Francisco, CA 94109

* SELF-HELP FOR THE ELDERLY 982-9171
  640 Pine Street
  San Francisco, CA 94108

* SENIOR RESOURCES 626-1638
  162 Hickory
  San Francisco, CA 94102

* TRAVELERS AID SOCIETY OF SAN FRANCISCO 781-6738
  38 Mason
  San Francisco, CA 94102

  P.O. BOX 230 (Mailing address)
  San Francisco, CA 94101

## TRANSPORTATION & ESCORT

### TRANSPORTATION SERVICES:

| | | |
|---|---|---|
| | MUNI INFORMATION | 673-6864 |
| * | AMERICAN CANCER SOCIETY<br>545 Post Street<br>San Francisco, CA 94102 | 673-7979 |
| * | CAHEED TRANSPORTATION (Medical)<br>5016 - 3rd Street<br>San Francisco, CA 94124 | 822-5200 |
| * | CALIFORNIA LEAGUE FOR THE HANDICAPPED<br>1299 Bush Street<br>San Francisco, CA 94109 | 441-1980 |
| * | CALIFORNIA MEDIVAN<br>1265 Griffith<br>P.O. Box 34116<br>San Francisco, CA 94134 | 822-2212 |
| * | E.T.C. - ELDERLY TEEN CONNECTION<br>(Formerly YOUNG LIFE S.F.)<br>222 Plymouth<br>San Francisco, CA 94112 | 584-0300 |
| * | LORRIE'S AIRPORT SERVICE | 826-5950 |
| * | PARATRANSIT SERVICES<br>1109 Oak Street<br>San Francisco, CA 94117 | 552-7908 |
| * | RUSSIAN AMERICAN COMMUNITY SERVICE<br>674 - 37th Avenue<br>San Francisco, CA 94121 | 387-5336 |
| * | SAN FRANCISCO AMBULANCE CO.<br>2829 California Street<br>San Francisco, CA 94115 | 931-3900 |
| * | UC MED CENTER<br>TRANSPORTATION SERVICE<br>401 Parnassus Street<br>San Francisco, CA 94143<br>Low Income/Voucher Screening | 666-1655 |

ESCORT SERVICES:

| | | |
|---|---|---|
| * | MISSION NEIGHBORHOOD CENTER<br>HOMEMAKER-ESCORT PROJECT<br>362 Capp Street<br>San Francisco, CA 94110 | 826-4659 |
| * | SAN FRANCISCO SENIOR ESCORT OUTREACH PROGRAM | |
| | Main Office:<br>330 Ellis, # 608<br>San Francisco, CA 94102 | 928-4422 |
| | Chinatown:<br>640 Pine<br>San Francisco, CA 94108 | 391-5686 |
| | Hunters Pt./Bayview:<br>1535 Newcomb Ave.<br>San Francisco, CA 94124 | 285-2500 |
| | Mission:<br>2522 Mission<br>San Francisco, CA 94110 | 824-7550 |
| | N. of Market/Tenderloin:<br>330 Ellis<br>San Francisco, CA 94102 | 673-8600 |
| | Potrero:<br>1060 Tennessee<br>San Francisco, CA 94107 | 648-3743 |
| | Western Addition:<br>1240 Fillmore<br>San Francisco, CA 94115 | 931-2350 |
| | Western Addition Walking Patrol:<br>1280 Laguna<br>San Francisco, CA 94115 | 922-6807 |
| | So. of Market:<br>951 Mission<br>San Francisco, CA 94103 | 777-1204 |
| | SENIOR ESCORT OF VISITACION VALLEY<br>66 Raymond<br>San Francisco, CA 94134 | 239-6233 |

## VOLUNTEERS

| | |
|---|---|
| EXPERIENCE RESERVE BANK<br>6225 Ross Street<br>Oakland, CA 94618 | 658-1311 |
| * NATIONAL COUNCIL ON ALCOHOLISM<br>2655 Van Ness, #370<br>San Francisco, CA 94109 | 563-5400 |
| * NETWORK OF VOLUNTEERS SERVING THE ELDERLY<br>P.O. Box 421182<br>San Francisco, CA 94142 | 585-0332 |
| * OMBUDSMAN - Long Term Care<br>FAMILY SERVICE AGENCY<br>1031 Franklin<br>San Francisco, CA 94109 | 474-8757 |
| * RETIRED SENIOR VOLUNTEER PROGRAM<br>2101 - 20th Avenue<br>San Francisco, CA 94116 | 731-3335 |
| * RETIRED SENIOR VOLUNTEER PROGRAM (UJCC)<br>3200 California Street<br>San Francisco, CA 94118 | 346-1812 |
| * SAN FRANCISCO DEPT. OF SOCIAL SERVICE<br>Volunteer Services Program | 557-5517 |
| * SCORE - SERVICE CORPS OF RETIRED EXECS.<br>211 Main, 4th Floor<br>San Francisco, CA 94105 | 974-0599 |
| * SEALS - SENIORS EAGER FOR ACTIVE LIVES<br>Mt. Zion Hospital<br>1600 Divisidero<br>San Francisco, CA 94115 | 885-7353 |
| SEER PROJECT - SENIORS ENRICHING EDUCATIVE ROLES<br>S.F. SCHOOL VOLUNTEER<br>135 Van Ness, Room 20B<br>San Francisco, CA 94102 | 864-4223 |
| * UNITED WAY INFORMATION & REFERRAL<br>410 Bush Street<br>San Francisco, CA 94108 | 772-4444 |
| * VOLUNTEER CENTER OF SAN FRANCISCO<br>1090 Sansome<br>San Francisco, CA 94111 | 982-8999 |
| * VOLUNTEER PROGRAM - SAN FRANCISCO GENERAL<br>1001 Potrero<br>San Francisco, CA 94110 | 821-8193 |

## MISCELLANEOUS

| | |
|---|---|
| * AMERICAN RED CROSS<br>1550 Sutter Street<br>San Francisco, CA 94109 | 776-1500 |
| HOME IMPROVEMENT, FREE WEATHERIZATION PROJECT | 495-SAVE |
| * OMBUDSMAN (Long Term Care)<br>Family Service Agency<br>916 Eddy<br>San Francisco, CA 94109 | 474-8757 |
| * R.A.M. (REVERSE ANNUITY PROGRAM)<br>1107 Oak Street<br>San Francisco, CA 94117 | 863-7800 |
| * SAN FRANCISCO COUNCIL OF CHURCHES<br>942 Market, #408<br>San Francisco, CA 94102 | 433-3024 |
| * SENIOR ADVISORY GROUP<br>3150 California<br>San Francisco, CA 94115 | 922-4333 |
| * W.A.N.A.- WE ARE NOT ALONE (See S.F. Council of Churches)<br>214 Haight Street<br>San Francisco, CA 94102<br>David Cross | 433-3024 |

ACCEPT
1287 11th Ave.
San Francisco, CA 94122

681-2500

| | |
|---|---|
| Services & Description: | Providing professional therapy for individuals and families. An outpatient organization of mutual support which meet twice weekly with those in early or middle stages of alcoholism or drug addiction. Individual & Group therapy for patients and family - No medical treatment. Youth Rap (ages 10-21). |
| Who to Contact: | Maura McCarthy |
| Director: | Dr. Tom Johnson |
| Days and Hours: | Monday to Friday<br>9:00 a.m. - 5:00 p.m. (Information)<br><br>Monday to Friday<br>7:00 - 10:00 p.m. (Groups) |
| Eligibility: | |
| Income and Age: | Any age - any person desiring to deal with addiction, either their own or loved one. |
| Fees: | Ability to pay; sliding scale - some insurance |
| Area Served: | N. California |
| Other: | Those who are co-alcoholic can participate. |
| Foreign Languages Spoken: | No |
| Public Transportation: | N-Judah, 71, 72<br>within 2 blocks |
| Other Information: | Do not provide transportation for clients - public education films & lecture - free on Thursday 6:30 - 8:30 p.m. An adult child of alcoholic family is eligible - family counseling also available. Provides professional, therapy for individuals & families. |
| Last Up-date: | 9/84 |

ACTION FOR BETTER LIVING FOR ELDERS (ABLE)
1095 Market Street, Room 415
San Francisco, CA 94103

621-8181

Services & Description: Information & Referral, Counseling, Relocation, Emergency, Advocacy, Home Repairs. Persons with space to share and persons seeking an affordable place to live are brought together - Housemates choose each other. If two persons agree upon rent, maybe charged and paid with 10 hours weekly service instead of money.

Who to Contact:

Director: Dee Bergman

Days and Hours: Friday or Monday
10:00 to 4:00 p.m.

Eligibility:

Income and Age: Income no limit - one person in any shared situation must be 55 or older.

Fees: Donations accepted

Area Served: San Francisco

Other:

Foreign Languages Spoken: Spanish

Public Transportation: Market Street MUNI

Other Information: Registrations - 1 to 5 days after initial phone call - shared housing arrangements -usually 30 day min. services not provided Emergency Housing - Temporary Housing - Listing of Apartments and Rooms to Rent - Live in full time employee companions. Service operates at centers and churches.

Last Up-date: 9/84

ADULT BENEVOLENT ASSOCIATION
121 Golden Gate Avenue
San Francisco, CA 94102

552-1169

**Services & Description:**

Information in front window booth -
Legal help: Wednesday - 10:00 to noon

Blood pressure checks: Tuesday
9:00 to 1:00
Mini-market: Wednesday - 10:30 to 1:00

Adult Info. Digest (AID): Free monthly paper for seniors, call Joan Crotty

Crisis intervention: Monday to Friday
9:00 to 4:30
Drop-in basis.
Call InterServ (visitation)
Contact Sr. Ursula
Direct Service Counseling.

**Contact:** Person specified

**Director:** Donna Hoang

**Days and Hours:** Monday to Friday - 9:30 to 4:00 p.m.

**Eligibility:**

**Income and Age:** Low income, ages as shown for each service

**Fees:** None. Donations accepted.

**Area Served:** Tenderloin, except for A.I.D.

**Other:**

**Foreign Languages:** Spanish (Monday to Friday - 9:00 to 12:00)

**Public Transportation:** MUNI, most Market Street buses, all street cars; BART Civic Center Station.

**Other Information:**

Affiliates:
St. Anthony's Dining Room (45 Jones)
964-0240 10:30 to 1:00 p.m. daily.

St. Anthony Free Clinic (55 Jones)
Monday to Friday - 9:30 to 11:30

St. Anthony Employment Service (45 Jones)
Tuesday & Thursday - 9:00 to 11:30 a.m.
Free.
Milk Program - milk is provided for Tenderloin seniors; also spiritual outreach.
Direct services - helps with shelter, food or transportation.
Contact Taylor Field

**Last Up-date:** 4/84

ADVOCATES FOR WOMEN
414 Mason Street
San Francisco, CA 94102

391-4870

Services & Description: Employment opportunities for women. Listings for all types of jobs mostly full time. Employment workshops, free and for a fee; resource library, individual career counseling, free and for a fee; drop in center for information and referral.

Who to Contact: Staff
Kate Plager

Director: Barbara Woodward

Days and Hours: Monday
9:00 to 4:30

Orientation: Monday - 10:00 a.m.

Eligibility:

Income and Age: No requirements

Fees: No fee
Sliding scale for workshops

Area Served:

Other:

Foreign Languages:

Public Transportation: Located on Mason between Geary & Post

Other Information: Serves men as well as women

Work life options: Career counseling
Workshops, Support group - sliding scale
Job listings are open to all
Contact: Jocelyn Ianacci

Last Up-date: 9/84

AL-ANON
50 Oak Street
San Francisco, CA. 94102

626-5633

| | |
|---|---|
| Services & Description: | Mutual support groups for families and others with close emotional ties with persons who suffer from alcohol addiction. Call for specific information. |
| Contact: | N/A |
| Director: | N/A |
| Days and Hours: | 24-hour answering service |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Meetings held in Spanish and English |
| Public Transportation: | |
| Other Information: | |
| Last Update: | 9/84 |

ALCOHOLIC EVALUATION AND TREATMENT CENTER
1001 Potrero, Bldg. 20 Unit 23
San Francisco, CA. 94110

821-8091

| | |
|---|---|
| Services & Description: | Co-educational. After detox. 1-28 day treatment. |
| Who to Contact: | Staff |
| Director: | Dr. Tom Smith |
| Days and Hours: | 7 days, 24 hours |
| Eligibility: | |
| Income and Age: | Low Income |
| Fees: | $10.00 admission/Sliding scale |
| Area Served: | San Francisco |
| Other: | Alcoholic - Ambulatory |
| Foreign Languages: | Spanish |
| Public Transportation: | 47, 35, 75; Cross Street - 23rd |
| Other Information: | Does not provide transportation for clients. Admission and visit by appointment only. |
| Last Update: | 9/84 |

ALCOHOLICS ANONYMOUS
1046 Irving Street
San Francisco, CA 94122

661-1828

| | |
|---|---|
| Services & Description: | Main office receives calls for help and will refer callers to appropriate meetings throughout the city. Will send members to see caller if needed. |
| Who to Contact: | Staff volunteers |
| Director: | Bill Sauters, Central Office Secretary |
| Days and Hours: | Monday to Friday 9:00-6:00<br>24-hour telephone, can talk to another AA member. |
| Eligibility: | |
| Income and Age: | None |
| Fees: | None |
| Area Served: | West Bay Area, Marin, San Mateo, Napa, Sonoma. |
| Other: | |
| Foreign Languages: | There are Spanish Speaking A.A. groups |
| Public Transportation: | MUNI: N-Judah |
| Other Information: | Ala-Non, Ala-Teen |
| Last Update: | 9/84 |

ALEXIS APARTMENTS
390 Clementina St.
San Francisco, CA 94103

495-3690

| | |
|---|---|
| Services & Description: | Nutrition Program: Lunch is served Monday to Friday at noon. A full calendar of recreation, education, social and health programs. |
| Who to contact: | Stan Golka, Site Manager |
| Director: | Bernice Marks |
| Days and Hours: | Monday - Friday<br>8:00 - 4:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 suggested donation for lunch |
| Area Served: | South of Market |
| Other: | |
| Foreign Languages Spoken: | Spanish, Chinese |
| Public Transportation: | 27 Bryant Bus |
| Other Information: | |
| Last Up-date: | 9/84 |

ALL HALLOWS COMMUNITY
1711 Oakdale Ave. (Cross Street is Newhall Avenue)
San Francisco, CA 94124

550-1637

Services & Description: Provide low cost housing for Senior and disabled persons. Hot meal served daily Monday thru Friday at lunch time. (Salvation Army Meal Site)

Who to Contact:

Director: Sister Grace Grima

Days and Hours: Monday to Friday
9:00 - 4:30

Eligibility:

Income and Age: Seniors and handicapped
62 and over

Fees: Varies

Area Served:

Other:

Foreign Languages Spoken:

Public Transportation: 15, 24, 44

Other Information:

Last Up-date: 9/84

ALTERNATIVE HOUSECALLS
(Formerly Nursing House calls)
495 Ellis Street, #2919
San Francisco, CA 94102

550-1777

| | |
|---|---|
| Services & Description: | Private consultation to alternative care and mainstream practitioners, clinics etc. |
| Contact: | Staff |
| Director: | Sara Levine, R.N. |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Adults |
| Fees: | Private pay<br>$15.00 to $25.00 per consultation |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | German |
| Public Transportation: | |
| Other Information: | |
| Last Update: | 9/84 |

ALUMNAE RESOURCES
965 Mission St., #514
San Francisco, CA 94103

546-7220

| | |
|---|---|
| Services & Description: | Career development organization which focuses on women college graduates. It offers workshops in job search skills and individual career counseling. It has a network of women willing to give advice and information to those in career transition. |
| Contact: | Anne Sparks |
| Director: | Susan Kaplan, Executive Director |
| Days and Hours: | Office is open 9-5, M-F. We are only open for client drop-in on Fridays. Call office to check for open hours. |
| Eligibility: | |
| Income and Age: | Anyone |
| Fees: | Fees vary. Individual counseling $ 25.00 per hour in advance. |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | None |
| Public Transportation: | 1 block off Market Street near Powell & 5th Sts. |
| Other Information: | New clients welcomed only at noon on Fridays for orientation. Promptness is essential. |
| Last Update: | 9/84 |

AMERICAN CANCER SOCIETY
545 Post Street
San Francisco, CA 94102

673-7979

| | |
|---|---|
| Services & Description: | Training & education - professionals and patients. Transportation. Service Dept. Assistance devices/gift items. Homecare for terminal patients who are eligible. Information and referral service. |
| Contact: | Service Department staff |
| Director: | Richard Eastwood |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | There are some income requirements for some services, to be discussed with staff. |
| Fees: | |
| Area Served: | San Francisco County |
| Other: | Cancer patients |
| Foreign Languages: | |
| Public Transportation: | MUNI #1 & 3 (Mason is cross street) |
| Other Information: | |
| Last Update: | 9/84 |

AMERICAN CIVIL LIBERTIES UNION OF NORTHERN CALIFORNIA
1663 Mission Stree, #460
San Francisco, CA 94103

621-2488

Services & Description: Non-government & non-profit association of members to further constitutional rights. Refers seniors to appropriate legal services. "Due to limited resources, we are able to accept a very small percent of those cases brought to us by those whose constitutional rights may have been violated. We therefore maintain referral files and attempt to give appropriate referrals to callers when possible."

Contact: Any counselor

Director: Dorothy Ehrlich

Days and Hours: Monday to Friday
10:00 to 3:00

Eligibility:

Income and Age:

Fees: None

Area Served: City and Northern California

Other:

Foreign Languages:

Public Transportation: Cross street is So. Van Ness; BART, Mission and Market street buses.

Other Information:

Last Update: 9/84

AMERICAN DIABETES ASSOCIATION
(Northern California Affiliates Inc.)
2550 9th Street, Suite #114
Berkeley, CA 94710

644-0920

Services & Description: Educational programs on diabetes, have chapters and branches throughout Northern California. Free literature available, films for sale: Library on Diabetes - can provide public speakers.

Who to Contact:

Director: Geaye Rosaler

Days and Hours: Monday to Friday
8:30 - 5:00

Eligibility:

Income and Age:

Fees: $15.00 all memberships

Area Served: Northern California

Other:

Foreign Languages Spoken: Spanish

Public Transportation: MUNI

Other Information: SF Chapter - American Diabetes Society
1238 9th Avenue (near Irving Street)
San Francisco, CA 94122
731-4774
Provide: Educational & Support Group Meetings. Has available on request a monthly newsletter and also special events

Last Up-date: 9/84

AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO
833 Market Street
San Francisco, CA 94103

543-4410

| | |
|---|---|
| Services & Description: | Research, breathing classes, stop smoking counseling and self-help program. Distribute health education materials TEL-MED. Free films and speakers. |
| Contact: | Staff |
| Director: | Robin Jones |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Some brochures in Chinese and Spanish |
| Public Transportation: | MUNI on Market Street (Cross St. is 4th St.) |
| Other Information: | Provides no transportation. |
| Last Update: | 9/84 |

AMERICAN RED CROSS
1550 Sutter Street
San Francisco, CA 94109

776-1500

| | |
|---|---|
| Services & Description: | Emergency assistance to disaster (fire) victims, variety of Safety and First Aid, Nursing classes, assistance to Veterans regarding VA benefits, Red Cross Youth for Chinatown Elderly program; blood pressure screening every 2nd and 4th Monday, 1-4 p.m. Foreign Location Inquiry Program to locate relatives in other countries with whom contact has been lost. |
| Who to Contact: | Operator will connect caller with correct department. |
| Director: | James Williams, Mgr. |
| Days and Hours: | Monday to Friday<br>8:30 - 4:30 p.m.<br>Emergency assistance after hours, same phone number. |
| Eligibility: | |
| Income and Age: | None |
| Fees: | (Some cost for materials for safety classes) |
| Area Served: | San Francisco & San Mateo Counties |
| Other: | |
| Foreign Languages: | Chinese, Laotian, Vietnamese, Spanish at Mission Center. |
| Public Transportation: | #1 California; #3 Jackson, #4 Sutter, #2 Clement on Sutter Street route. |
| Other Information: | Mission Service Center<br>3225 21st Street<br>282-9700<br><br>Blood pressure screening; Income Tax preparation and renters assistance forms filled out for low income, seniors and disabled. Citizenship classes. |
| Last Up-date: | 9/84 |

ARTHRITIS FOUNDATION
(Northern California Chapter)
203 Willow Street Suite #201
San Francisco, CA. 94109

673-6882

| | |
|---|---|
| Services & Description: | Education, clubs, literature resources information, research, limited financial help with medical expenses. |
| Who to Contact: | Staff |
| Director: | Bert Wouters |
| | Jeanne Spurgeon, Patient service coordinator |
| Days and Hours: | Monday to Friday<br>9:00 - 5:00 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | None<br>Literature sometimes costs money |
| Area Served: | Northern California |
| Other: | Any arthritis patient |
| Foreign Languages Spoken: | |
| Public Transportation: | Muni |
| Other Information: | Memberships encouraged contact staff volunteers always needed - contact staff. |
| Last Up-date: | 9/84 |

ARTS FOR ELDERLY/MINISTRY FOR ELDERLY
1449 Cornell
Berkeley, CA 94702

525-5181

Services & Description: Primarily provides free transportation for elderly from 30 cities in Bay Area to cultural events, both free and otherwise (such as series at Herbst and Masonic Auditorium). Provided 5,000 rides last year. Also some teaching in Geriatrics.

Who to Contact: Any of three directors: G.H. Grieger
William Kruse
A. Stanford Robinson

Days and Hours: Monday to Saturday
9:00 to 5:00

Eligibility:

Income and Age: Over 55, or member of a senior club or organization

Fees: None

Area Served: Bay Area

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date: 9/84

ART WORKS AT MT. ZION
IN-HOME CREATIVE ARTS/RECREATION
MOUNT ZION HOSPITAL AND MEDICAL CENTER
1600 Divisadero St.
San Francisco, CA 94115

885-7586

| | |
|---|---|
| Services & Description: | Provision of resources, education, expertise in wide range of creative arts and recreational activities to facilitate on-going, meaningful activity, lessen isolation of homebound elderly; group activities and staff training for residential units. |
| Who to Contact: | Maureen Kellen-Taylor |
| Director: | Maureen Kellen-Taylor |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | 60+<br>Seniors and handicapped |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Translators available<br>Japanese<br>Russian |
| Public Transportation: | |
| Other Information: | Creative activities include: Music, visual arts, crafts, oral history, poetry, exercise and stress reduction. |
| Last Up-date: | 9/84 |

ASIAN LAW CAUCUS
36 Waverly Place, #2
San Francisco, CA 94108

391-1655

OR

1322 Webster Street
Oakland, CA 94612

835-1474

Services & Description: Legal problems of the elderly, including housing, employment/labor, SSI, immigration. Give presentations to schools and groups. Disseminate pamphlets.

Contact: Edwin M. Lee, (SF Office)

Don Tamaki (Oakland)

Director:

Days and Hours: Monday to Thursday
9:00 to 5:00
(By appointment please)

Eligibility:

Income and Age: Low to moderate income

Fees: Sliding scale

Area Served: San Francisco & East Bay

Other:

Foreign Languages: Chinese and Tagalog

Public Transportation: #55 & #30
Located between Clay and Sacramento, Grant and Stockton Streets.

Other Information:

Last Update: 9/84

ATTORNEY'S REFERENCE PANEL (Lawyer's Club)
870 Market Street, #1115
San Francisco, CA 94102

433-2133

Services & Description: Set up to provide low cost legal assistance available to anyone who needs it. Anyone having a problem may call, and the Panel will set up an initial 1/2 hour appointment with an attorney at a charge of $20. If further services are needed, you and the lawyer can agree on a fee, but you are not obligated to retain the attorney for additional services.

Who to Contact: Marti Lochridge

Director: Craig Needham, Esq.

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages: Various attorneys speak other languages. An attempt is made to find necessary language skills upon request.

Public Transportation:

Other Information:

Last Up-date:

BAY AREA PHYSICIANS FOR HUMAN RIGHTS
P.O. Box 14546
San Francisco, CA 94114

673-3189 (Answering service)

558-9353 (Administrator)

Service & Description: Referrals to Gay-identified or Gay-sensitive physicians in San Francisco. Medical, dental, psychiatric, podiatry.

Who to Contact: Answering service
Dr. Denis McShane, President

Director: Douglas Carner - Administrator

Days and Hours: Answering Service
Monday to Friday
8:00 a.m. to 8:00 p.m.

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco Bay Area

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date: 10/84

BAYVIEW CRISPUS ATTUCKS
1201 Mendel St.
San Francisco, CA 94124

648-1600

| | |
|---|---|
| Services & Description: | Multipurpose senior center, group education and recreation, health screening, soon to have nutrition program. |
| Who to Contact: | Director |
| Director: | Ardath Nichols |
| Days and Hours: | 8:30 to 4:00 p.m. |
| Eligibility: | |
| Income and Age: | 55 or over |
| Fees: | $1.00 a month for membership |
| Area Served: | San Francisco Bayview-Hunters Point main focus. |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - $15, $51 |
| Other Information: | Accessible to handicapped |
| Last Up-date: | 9/84 |

BAYVIEW-HUNTER'S POINT
Multi-purpose Senior Center
1706 Yosemite
San Francisco, CA 94124

822-1444

Services & Description: A multi-disciplinary assessment and care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, and transportation to and from the center. This program helps elders continue living at home.

Who to Contact: Kathy Koechlin

Director:

Days and Hours: Monday to Friday
10:00 to 3:00

Eligibility:

Income and Age: Frail elderly

Fees: Medical and sliding scale

Area Served:

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date:

BAYVIEW HUNTERS POINT SENIOR CENTER
1706 Yosemite
San Francisco, CA 94124

822-1444

Services & Description: Multi-purpose center; educational and recreational programs; health screening; low vision and hearing program, bingo, special trips , lunch program.

Contact:

Director: George Davis

Days and Hours: Monday to Friday
8:00 to 5:00

Saturday
9:00 to 3:00

Eligibility:

Income and Age: 55+

Fees:

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI: #15

Other Information: Grief counseling
Adult Day Health Care Program

Last Up-date: 9/84

THE BRIDGEWAY PROJECT
(Salvation Army)
242 Turk Street
San Francisco, CA 94102

441-8277

| | |
|---|---|
| Services & Description: | 40-bed residential hotel-type facility for women and men (alcoholism project). |
| Who to Contact: | Staff |
| Director: | Dan Collins, Project Manager<br>Robt. Moe |
| Days and Hours: | Office - Monday to Friday, 9 to 5<br>Interviews - 9:30 to 11:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Rooms start at $80.00 per month or ability to pay. |
| Area Served: | |
| Other: | None, as long as ambulatory and able to care for self. |
| Foreign Languages: | |
| Public Transportation: | MUNI #16, #31 |
| Other Information: | |
| Last Up-date: | 9/84 |

CADILLAC HOTEL
380 Eddy Street
San Francisco, CA 94102

673-7223

Services & Description:

1. Emergency Housing - temporary, up to 30 days
2. Regular, starting at $160 per month, plus $100 security deposit.

Who to Contact: Sarah Kearney

Director: Leroy Looper

Days and Hours: 5 days, Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age: 45+

Fees:

1. Emergency - None
2. Regular - See above

Area Served: San Francisco

Other: No alcoholics, no seriously mentally ill. Require letter of referral. No cooking.

Public Transportation:

Other Information: Referral by agency only. Referral must include the following information:
Age
Soc. Security
Next of Kin
Religion

Last Up-date: 9/84

CAHEED TRANSPORTATION
5016 3rd Street
San Francisco, CA 94124

822-5200

| | |
|---|---|
| Services & Description: | Transportation for medical services; 24 hour or more notice is required. |
| Who to Contact: | Mr. Lee Gregory, Supervisor |
| Director: | Ms. Shirley Jones |
| Days and Hours: | Monday to Friday, 7:30 to 4:00 - Office<br>9:00 to 3:00 - Service |
| Eligibility: | |
| Income and Age: | No limits |
| Fees: | None |
| Area Served: | Bayview-Hunters Point, Visitacion Valley |
| Other: | |
| Foreign Languages: | None |
| Public Transportation: | |
| Other Information: | CAHEED (California Association for Health Education Employment & Dignity, Inc.) |
| Last Up-date: | 9/84 |

CALIFORNIA ABLE
870 Market Street
San Francisco, CA 94102

391-5030
-5032

| | |
|---|---|
| Services & Description: | Operates a job clearinghouse for workers and employees wishing to place job orders. |
| Contact: | Dorothy Dean |
| Director: | Dorothy Dean |
| Days and Hours: | Monday to Friday<br>9:00 - 5:00 |
| Eligibility: | |
| Income and Age: | 55 years and over |
| Fees: | None, donations |
| Area Served: | San Francisco and Bay Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI, BART |
| Other Information: | |
| Last Update: | 9/84 |

CALIFORNIA COLLEGE OF PODIATRIC MEDICINE
1210 Scott Street (Clinic)
San Francisco, CA 94115

563-3444

| | |
|---|---|
| Services & Description: | General podiatric health care - free screening every Saturday - 9 to 12<br>Monday to Friday - 9 to 4 |
| Who to Contact: | Outpatient clinic<br>563-3444 |
| Director: | |
| Days and Hours: | Monday to Friday - 9 to 4<br>Saturday - 9 to 1 |
| Eligibility: | |
| Income and Age: | $22 first visit<br>Medi-cal or Medi-care |
| Fees: | |
| Area Served: | Anyone |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI #31, 38 Geary Balboa |
| Other Information: | Drop-in |
| Last Up-date: | 9/84 |

CALIFORNIA LEAGUE FOR THE HANDICAPPED
1299 Bush Street (Cross street - Larkin)
San Francisco, CA 94109

441-1980

Services & Description:

1. Blind/Low Vision Services: (Sr. Self-Reliance Project)
   Adjustment training; in-home teaching services for those with serious vision loss; support group.

   Rebecca Ferguson

2. Recreation & Training:
   Adult center during week; disabled & blind children's program on Saturdays, parents group.

   Nancy Brandt

3. Transportation:
   Limited taxi vouchers to medical appointments.

   Kim Carr

4. Social Services: Karen Weissmann

5. Job Placement: Abe Friedman

6. Public Education: Rose Resnick

Contact: Social Worker

Director: Rose Resnick, Ed. D.

Days and Hours: Monday to Friday - 8:30 to 4:30 p.m.
Saturday - 10:00 to 2:00 (Child recreation)

Eligibility:

Income and Age: Must be handicapped

Fees: None

Area Served: San Francisco

Public Transportation: Bus, BART

Last Up-date: 9/84

CALIFORNIA LEGISLATIVE COUNCIL FOR OLDER AMERICANS
330 Ellis Street, Room 611
San Francisco, CA 94102

771-0226
-6304

| | |
|---|---|
| Services & Description: | Political advocacy for seniors at City Hall, Sacramento, Washington represents National Council of Senior Citizens Affiliated with California Seniors, Coalition Sacramento, Congress of California Seniors. |
| Who to Contact: | |
| Director: | Rev. Edward L. Peet |
| Days and Hours: | 9:00 to 3:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | |
| Area Served: | California |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | 31, 38, 27 MUNI |
| Other Information: | Local Meeting - 1st Tuesday of each month at 330 Ellis Street, Room #618.<br>Publishes bi-monthly Newsletter Senior Power $3.00 a year. |
| Last Up-date: | 9/84 |

CALIFORNIA MEDIVAN (formerly Handy Wheels)
1265 Griffith
P.O. Box 34116
San Francisco, CA 94134

822-2212

| | |
|---|---|
| Services & Description: | Non-emergency transportation for wheelchair and ambulatory persons, singles or groups for medical and other purposes. |
| Who to Contact: | Dispatcher at 822-2212 |
| Director: | Alexis Lodde |
| Days and Hours: | 7 days a week; 24 hours |
| Eligibility: | |
| Income and Age: | Serves any group |
| Fees: | Patients with Medi-cal coverage and prior authorization. Private patients. |
| Area Served: | Greater San Francisco Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | Includes stair assistance<br>Call for pre-requisites of program. |
| Last Update: | 9/84 |

CALIFORNIA STATE DEPARTMENT OF REHABILITATION
2720 Taylor Street #420
San Francisco, CA 94133

771-7200
626-8825 TTY

| | |
|---|---|
| Services & Description: | Preparation of physically or emotionally disabled persons for competitive employment through counseling and training. Identifying transferable skills. Enable the disabled to enter/return to the work market. |
| Who to Contact: | M. Karter |
| Director: | Ronald Kaminski, District Administrator |
| Days and Hours: | Monday to Friday - 8:00 to 5:00 (closed 12:00 to 1:00 p.m.) |
| Eligibility: | |
| Income and Age: | No requirements (60-65 marketable skills) |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | Diagnosed physical or psychological disability |
| Foreign Languages: | Chinese, Japanese, Tagalog, Spanish |
| Public Transportation: | Within 2 blocks |
| Other Information: | Other location - 1855 Folsom Street 552-3432 |
| Last Up-date: | 9/84 |

CANON KIP COMMUNITY HOUSE
705 Natoma Street
San Francisco, CA 94103

861-6801

| | |
|---|---|
| Services & Description: | Title III Nutrition program serving lunch daily. Blood pressure checks bi-monthly, various recreational activities, exercise classes, bingo, special parties, movies, trips, arts and crafts. Counseling and social service. |
| Who to Contact: | Holly Peck<br><br>Patricia Myers<br>Nutrition Site Manager |
| Director: | Gayle Justice, Director |
| Days and Hours: | Monday to Friday<br>8:30 - 2:30<br><br>Saturday and Sunday<br>10:00 - 1:30 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Suggested donation $1.00 |
| Area Served: | Primarily South of Market |
| Other: | |
| Foreign Languages Spoken: | Tagalog and Spanish |
| Public Transportation: | Mission or Market Street bus |
| Other Information: | Housing and Transportation Services |
| Last Up-date: | 9/84 |

CASA DE LAS MADRES
P.O. Box 27236
San Francisco, CA 94127
(Street address not given out)

469-7637 (Crisis)
7638

469-7650 (Business)

| | |
|---|---|
| Services & Description: | A refuge for battered women and children. Provides temporary shelter up to six weeks. |
| Contact: | Whoever is on phone |
| Director: | Ada Smith |
| Days and Hours: | 24 hours<br>7 days |
| Eligibility: | |
| Income and Age: | Any age or income |
| Fees: | $3 per day per adult; children are free<br>$4 per day per family |
| Area served: | Any |
| Other: | Residents must participate in house meetings housework and workshops. |
| Foreign Languages: | French, Spanish<br>access to interpreters |
| Public Transportation: | |
| Other Information: | Phone line Intake<br>8:30 to 8:00 p.m. |
| Last Up-date: | 9/84 |

CASE (COALITION OF AGENCIES SERVING THE ELDERLY)
c/o SF Home Health Service
225 30th Street, Room 201
San Francisco, CA 94131

626-1033

Services & Description: An organization of agency representatives in San Francisco. Monthly meetings to share information and act on important issues.

Who to Contact: President - Mary Lou Goeke
864-4044

Director: President, above

Days and Hours: Meetings 4th Monday of every month at 3 p.m. Meetings are held at a different place each time.

Eligibility:

Income and Age:

Fees: $25 per organization, $10 for individual membership (no vote)

Area Served: San Francisco

Other: Must be a representative of an agency. Individual members must be involved with seniors.

Foreign Languages:

Public Transportation:

Other Information:

Last Up-date: 9/84

CATHOLIC SOCIAL SERVICE
50 Oak Street
San Francisco, CA 94102

864-7400

| | |
|---|---|
| Services & Description: | Case management for Frail Elders to assess the needs of isolated, abused, or homebound elders. Efforts made to keep elders in their own homes with support services. |
| Who to Contact: | Birute Skurdenis - Home Care<br>Linda Goldman - Case Management |
| Director: | Patrick Cannon |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | Seniors - no income restriction |
| Fees: | None for seniors |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | Spanish |
| Public Transportation: | MUNI - 6, 8, 42, 47, 48 and all street cars |
| Other Information: | 1. Located near corner of Market & Van ness<br>2. Wheelchair accessibility<br>3. Deaf interpreter |
| Last Up-date: | 9/10/84 |

CATHOLIC SOCIAL SERVICE
2940 16th Street, Room 204 (Mission)
San Francisco, CA 94103

861-8306

Services & Description: Services for Seniors include: Long-term individual and group therapy done by a bilingual and bicultural therapist, in Spanish. Crisis intervention. Recreational therapy and limited home visits. Individual counseling also done in English. Emergency needs and advocacy. Immigration problems.

Who to Contact: Intake Worker or

Lupe Montoya, Senior Worker

Director: Patrick F. Cannon

Days and Hours: In-take Family Counseling:
Monday, Wednesday & Friday
1:00 to 4:00

Immigration Counseling: By appointment only
2-3 week waiting period

Eligibility:

Income and Age: 60+

Fees: Sliding Scale

Area Served: Primarily, Mission but welcome persons outside this area.

Other:

Foreign Languages Spoken: Spanish

Public Transportation: Mission buses: #41 Union, #22 Fillmore, #53
Cross Streets: 16th & Capp.

Other Information:

Last Up-date: 3/84

CENTER FOR LEARNING IN RETIREMENT (CLIR)
UC Extension
55 Laguna
San Francisco, CA 94102

863-4518

Services & Description:

1. Extension classes
2. Education for involvement in learning study groups - for and by adults.

Who to Contact: Staff

Director:

Days and Hours: Monday to Thursday - 10:00 to 3:00
Friday - 10:00 to 1:00

Eligibility:

Income and Age:

Fees: $115 per year (up to $250 of extension courses free)

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: Market Street buses

Other Information:

Last Update: 9/84

CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT
220 Golden Gate, 2nd floor (Central Office)
San Francisco, CA 94102

885-2743

| | |
|---|---|
| Services & Description: | Re-settlement, employment, and immigration counseling services for refugees; also emergency social services and referral, as necessary. |
| Who to Contact: | Rick Ruvolo |
| Director: | Vuong Vu-Duc |
| Days and Hours: | Monday to Friday - 8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | Refugee status |
| Fees: | None |
| Area Served: | SF, Marin and San Mateo counties |
| Other: | |
| Foreign Languages: | All major Southeast Asian languages, as well as most Chinese dialects, Russian and Hebrew. |
| Public Transportation: | |
| Other Information: | Near Civic Center |
| Last Up-date: | 9/84 |

CENTER ON DEAFNESS
UNIVERSITY OF CALIFORNIA
1474 5th Avenue
San Francisco, CA 94143

731-9150 (voice)
-7123 (TTY)

| | |
|---|---|
| Services & Description: | Psychiatric studies, psychological assessments; crisis therapy; individual and family therapy for deaf patients and their families. |
| Contact: | Margot Maarleveld |
| Director: | Laurel Glass, Acting Director |
| Days and Hours: | Monday to Friday - 8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | No age limits |
| Fees: | Medi-cal accepted; sliding scale based on ability to pay. |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI 6, 66 N Judah |
| Other Information: | Satellite clinics |
| Last Up-date: | 9/84 |

CENTRAL CITY HOSPITALITY HOUSE
146 Leavenworth
San Francisco, CA 94102

776-2102

| | |
|---|---|
| Services & Description: | Provide a workshop and materials for art work. Operate on a "one-for-one" basis; first piece of work must be contributed to the House; art works are sold in their store-front gallery. Second is for artist, etc. Informal instruction, scheduled workshops, printmaking, ceramics, typesetting, experimentation. There are artist available to help. |
| Who to Contact: | Sharon Tanenbaum, Director |
| Director: | |
| Days and Hours: | Monday to Friday - noon to 4:30 (closed at 2:30 every other Thursday for Staff meeting) |
| Eligibility: | |
| Income and age: | No limits |
| Fees: | None |
| Area Served: | Mainly Tenderloin |
| Other: | |
| Foreign Languages Spoken: | None |
| Public Transportation: | BART (Civic Center) |
| Other Information: | |
| Last Up-date: | 9/84 |

CHINESE NEWCOMERS SERVICE CENTER
777 Stockton St.
San Francisco, CA 94108

421-0943

| | |
|---|---|
| Services & Description: | Bilingual - information, referral, adjustment counseling, translation, interpretation, form-filling, emergency contact,. Mental health information and referral, employment service. Community education T.V. |
| Who to Contact: | Connie H. Tai |
| Director: | Mr. Po Wong |
| Days and Hours: | Monday to Friday - 8:30 to 5:30 |
| Eligibility: | |
| Income and Age: | Open to all language handicapped immigrants/refugees, Chinese |
| Fees: | Donations |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Chinese: Mandarin, Cantonese |
| Public Transportation: | MUNI #30, #1, #15 |
| Other Information: | |
| Last Up-date: | 9/84 |

CITY EMERGENCY (Ambulance)
50 Ivy Street (Central Aid Station)

135 Polk Street(Office & Paramedic)
San Francisco, CA 94102

911 (Emergency)

558-5432 (Office)

| | |
|---|---|
| Services & Description: | SF City and County emergency ambulance service (outpatient service of Central Emergency Hospital) |
| Who to Contact: | Staff |
| Director: | Phyllis Harding, Administrator |
| | Stephen Budassi, Chief Paramedic |
| Days and Hours: | 7 days a week<br>24-hours |
| Eligibility: | |
| Income and Age: | |
| Fees: | Depend on mileage<br>SF GENERAL does the billing |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

CIVIL SERVICE COMMISSION
CITY AND COUNTY OF SAN FRANCISCO
646 Van Ness Avenue
San Francisco, CA 94102

558-4495

Services & Description: No physical exam necessary. Due process in hiring and firing procedure. Temporary help has no pension, salary increase or fringe benefits. Job vacancies posted. Exam scheduled when "list" gets low. Applicant's card filed and applicant is notified when exam is scheduled.

Who to Contact: Staff

Director: John Walsh

Days and Hours: Monday to Friday - 8:00 to 5:00

Eligibility:

Income and Age:

Fees: None

Area Served: City and County

Other:

Foreign Languages:

Public Transportation:

Other Information: Temporary job assistance is available at Room 151, City Hall

Last Up-date: 9/84

COMMUNITY MUSIC CENTER
544 Capp Street
San Francisco, CA 94110

647-6015

| | |
|---|---|
| Services & Description: | Private lessons for people of all ages and abilities. All ages welcome, membership by audition. Senior rates available. |
| Who to Contact: | Stephen Shapiro |
| Director: | Stephen Shapiro |
| Days and Hours: | Monday to Friday - 9:00 a.m. to 8:00 p.m.<br>Saturday - 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | N/A |
| Fees: | Sliding Scale |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Tagalog, Cantonese |
| Public Transportation: | #14 Mission St. (Cross streets - 20 & 21) |
| Other Information: | Richmond District Branch<br>741 30th Avenue<br>San Francisco, CA 94121<br><br>221-4515 |
| Last Up-date: | 9/84 |

COMMUNITY SUBSTANCE ABUSE SERVICES
170 Fell Street, Room 25
San Francisco, CA 94102

558-2356
2166

Services & Description: No direct services, I&R only. Administers Federal, State and local funds, directed to alcohol and drug services. Film library, research information.

Who to Contact: Secretary

Director: Dr. Larry Meredith

Days and Hours: Monday to Friday - 8:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information: CSAS publishes a directory called "Overview" - are alcohol and drug abuse agencies are listed - $2.00 per copy.

752-3400 (Drug Abuse Information)

563-5400 (Alcohol Abuse)

Last Up-date: 9/84

CONSORTIUM FOR ELDER ABUSE PREVENTION
Mt. Zion Hospital and Medical Center
Geriatric Services, 2nd Floor Pavillion
2356 Sutter Street
San Francisco, CA 94115

885-7590

Services & Description:

1. Informs public and professionals of extent and nature of problem;
2. Coordinates reporting, identification and disposition of elder abuse cases;
3. Trains professionals for proper referral and case management;
4. Provides telephone consultation in Elder Abuse cases.

Contact: Lisa Nerenberg

Director:

Days and Hours: Monday to Friday - 8:00 to 4:30

Eligibility:

Income and Age: None

Fees:

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation:

Other Information:

Last Up-date: 9/84

CONSUMER ACTION
693 Mission #403
San Francisco, CA 94105

777-9635

Services & Description: Serve as Consumer Advocate. Advice and Referral on Consumer problems.

Who to Contact:

Director: Ken McEldowney

Days and Hours: Monday thru Thursday - 10:00 to 3:00 p.m.

Eligibility:

- Income and Age: n/a
- Fees: Membership fees
- Area Served:
- Other:

Foreign Languages Spoken:

Public Transportation: n/a

Other Information:

Last Up-date: 9/84

CONSUMER FRAUD UNIT (District Attorney)
732 Brannan
San Francisco, CA 94103

553-1814

| | |
|---|---|
| Services & Description: | Provides free mediation of consumer complaints in English, Spanish, Chinese; small claims information and full consumer information available about home repair, mail order, defective merchandise, credit problems, etc. |
| Who to Contact: | Staff |
| Director: | Laurel Pallock<br>Director of Mediation Services<br><br>Bob Perez<br>Assistant in charge of Consumer Fraud |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | San Francisco |
| Other: | Consumer or business must be located in San Francisco |
| Foreign Languages: | Spanish, Cantonese |
| Public Transportation: | MUNI: 25, 20, 19, 27 (NOC) |
| Other Information: | Call 553-1814 for a complaint form or visit our office. |
| Last Up-date: | 9/84 |

CREATIVE RETIREMENT PROGRAMS
(St. Francis Lutheran Church)
152 Church Street
San Francisco, CA 94114

621-2635

| | |
|---|---|
| Services & Description: | Discussion groups in morning, guest speakers after lunch. Organized so participants share in expressing questions and discovering the answers to the dilemmas and adjustments of early retirement, self understanding and awareness of new options, plus coping with problems and learning of resources for better retirement. |
| Contact: | David Cross<br>Community College Teacher |
| Director: | David Cross<br>(Contact at Council of Churches, 433-3024) |
| Days and Hours: | Thursday only, 10:00 to 2:00 |
| Eligibility: | |
| Income and Age: | The recently retired |
| Fees: | Hot lunch $1.50<br>$.35 donation for coffee and cookies |
| Area Served: | City-wide |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | Market Street MUNI |
| Other Information: | |
| Last Up-date: | 9/84 |

DIAMOND SENIOR CENTER
(Div. of Golden Gate Senior Services Corp.)
117 Diamond Street (Cross Street - 18th Street)
San Francisco, CA 94114

863-3507

| | |
|---|---|
| Services & Description: | Senior Center serving the social, recreational, educational and health needs of participants. Five-days-a-week lunch program; Thursday morning, mini-market. Information and referral service. |
| Who to Contact: | Staff |
| Director: | Betty Garvey |
| Days and Hours: | Monday to Friday<br>9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 60 or over for meal |
| Fees: | $1.00 suggested donation for lunch |
| Area Served: | Primarily Eureka Valley and Noe Valley, but all are welcome |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 73 bus |
| Other Information: | Sale of discount MUNI/BART Passes, Podiatrist services, Blood pressure checks, Exercise class, Book discussion, Walking trips (city), Art classes, Films, World geography & Culture class, Dances, Parties, Theatres & Concerts, Group trips. |
| Last Up-date: | 9/84 |

DISPLACED HOMEMAKERS
P.O. Box 9996
477 15th Street
Oakland, CA 94612

835-5227

| | |
|---|---|
| Services & Description: | Career/Life Planning Program with an emphasis on meeting the needs of mature women entering or re-entering the job market with little or no recent work experience. Technical assistance to community groups on starting up displaced homemakers programs. No direct services. |
| Contact: | Staff (Classes at Merritt, Alameda, Chabot College Displaced Homemakers Centers) |
| Director: | Milo Smith<br>223-8654 |
| Days and Hours: | 24-hour answering service |
| Eligibility: | |
| Income and Age: | 35+ |
| Fees: | None |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | |
| Last Update: | 9/84 |

DOCENTS FOR THE DEAF
Docent Council, Fine Arts Museums
M.H. deYoung Memorial Museum
Golden Gate Park
San Francisco, CA 94118

750-3638

387-7707 (TTY)

| | |
|---|---|
| Services & Description: | Conducts Museum Tours once a month in Total Communication. |
| Contact: | |
| Director: | Betty Chapman |
| Days and Hours: | Saturday - 10:00 a.m.<br>Once a month |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | |
| Other: | Deaf & hearing impaired |
| Foreign Languages: | American sign language |
| Public Transportation: | #44 Bus to Golden Gate Park |
| Other Information: | Tours in ASL, signed English and spoken English every 4th Saturday at 10:00 a.m.; everyone welcome. |
| Last Update: | 9/84 |

DOWNTOWN SENIOR CENTER (Branch of SF Senior Center)
625 O'Farrell Street
San Francisco, CA 94109

771-7950

| | |
|---|---|
| Services & Description: | Multi-service center providing nutrition, education, socialization, recreation, and social work services. |
| Contact: | Mary Alice Stevenson |
| Director: | Mary Alice Stevenson |
| Days and Hours: | Monday to Friday - 9:00 to 4:00<br>Saturday/Sunday - 10:00 to 2:00<br>Meals served all days - noon. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $5.00 membership encouraged |
| Area Served: | North of Market primarily |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI #25, 38 Geary |
| Other Information: | HOUSING CONSELING:<br>Evictions, tenant-landlord problems, entitlements, etc. Make appointment with David Cherner or Anne Rovere. |
| Last Update: | 9/84 |

DOWNTOWN SENIOR SOCIAL SERVICES
240 Jones Street, No. 6
San Francisco, CA 94102

441-8762

| | |
|---|---|
| Services & Description: | Coordinates services for SSI and non-SSI Senior citizens in Tenderloin; home assessments and secures escorts to clinics. Assists seniors to obtain entitlements. A branch of San Francisco Senior Center. |
| Who to Contact: | Jane Bracisco<br><br>Ann Rovere, Supervisor |
| Days and Hours: | Mon., Tue., Thurs., & Friday - 9 to 1 p.m.<br>Wednesday - 9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | None |
| Area Served: | Tenderloin |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI #31 |
| Other Information: | Crisis intervention; information and referral; friendly visiting; telephone re-assurance. |
| Last Up-date: | 9/84 |

ECONOMIC OPPORTUNITY CENTER - HOMEMAKER PROGRAM
1672 Eddy Street
San Francisco, CA 94115

346-5401

| | |
|---|---|
| Services & Description: | Homemakers; shop for groceries; basic needs; practical nursing. |
| Contact: | Bennie Holmes, Secretary |
| Director: | Bennie Holmes |
| Days and Hours: | Monday to Friday - 8:15 to 5:00 |
| Eligibility: | |
| Income and Age: | Low income; anyone who needs this service; all ages |
| Fees: | $4.00 per hour; adjustable scale |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI: 6,66,7,71, 72 & 31. |
| Other Information: | Branch Offices: |

| | |
|---|---|
| 2225 Mission Street | (Director: Maria Taylor) |
| 1173 Mission Street | (Director: Tommy Spencer) |
| 202 Plymouth Street | (Director: Mattie Williams 334-8779) |
| Hunter's Point 442 3rd Street | (Director: Isola Frieson 285-8200) |
| 1074 Stockton St. | (Director: Judy Yee 397-5305) |

Last Up-date: 9/84

ECONOMIC OPPORTUNITY CENTER - Senior Community Service Project
730 Polk St., 4th Floor
San Francsico, CA 94109

771-7100 Ext. 211
212

| | |
|---|---|
| Services & Description: | Part-time employment for seniors 55 & over |
| Contact: | Mrs. Marilyn Adair<br>Program Manager |
| Director: | Joe Thomas |
| Days and Hours: | Monday to Friday - 8:30 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | 55 years old and over<br>SF residents who meet Federal poverty guidelines. Pays $3.45 an hour, $69.00 a week, $299.00 a month. |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | Access to handicapped; elevator |
| Foreign Languages: | Spanish, Tagalog, Japanese, Mandarin, Cantonese. |
| Public Transportation: | MUNI (47,38,31 & 19) |
| Other Information: | Referral Service to Employers wishing to hire seniors. |
| Last Up-date: | 9/84 |

EMPLOYMENT DEVELOPMENT DEPARTMENT
State of California
801 Turk Street
San Francisco, CA 94102

557-3038

| | |
|---|---|
| Services & Description: | Jobs Service Office offers employment services without fees to emloyers or jobseekers. These services include referral to job openings in all occupations; employment counseling; job workshops; vocational testing. |
| Who to Contact: | Reception Point (see address & telephone numbers below) |
| Director: | Billy Ray |
| Days and Hours: | Monday to Friday - 8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Chinese, Tagalog |
| Public Transportation: | Mission Street MUNI |
| Other Information: | This agency also administers the unemployment insurance program. All the unemployment insurance activities are performed in the office located at 3120 Mission Street 557-1013<br><br>S.F. Service Center: 1425 Turk Street 557-1740 |
| Last Up-date: | 9/84 |

EMPLOYMENT PROJECT FOR THE PHYSICALLY DISABLED
25 Taylor Street, 5th Floor
San Francisco, CA 94102

776-5111

| | |
|---|---|
| Services & Description: | Some jobs available. Office undergoing re-organization. |
| Contact: | Staff |
| Director: | John King |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | HS education or equivalent job-ready skills |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | Moderate to severely handicapped |
| Foreign Languages: | |
| Public Transportation: | Market Street buses |
| Other Information: | No transportation provided |
| Last Up-date: | 9/84 |

E.T.C. (ELDERLY TEEN CONNECTION)
YOUNG LIFE SAN FRANCISCO
222 Plymouth
San Francisco, CA 94112

584-0300

| | |
|---|---|
| Services & Description: | Intergenerational program. Students perform tasks for seniors - housekeeping, light cooking, yard work, escort, grocery shopping, writing letters, window washing, etc. |
| Contact: | |
| Director: | Lisa Roberts |
| Days and Hours: | Monday to Thursday<br>10:00 to 5:00<br>24-hour answering service |
| Eligibility: | |
| Income and Age: | No restriction on income<br>55+ |
| Fees: | $4.00 per hour |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Some students are available who speak Spanish, Cantonese, Korean. |
| Public Transportation: | N/A |
| Other Information: | Here is your opportunity to be an important part of the most exciting intergenerational program in San Francisco. Students work a minimum of 2 hours a trip. |
| Last Up-date: | 9/84 |

EXPERIENCE PLUS
333 Valencia Suite #213
San Francisco, CA 94103

861-1756

| | |
|---|---|
| Services & Description: | Job search workshops to meet needs of older workers. Provides job development services for all participants. |
| Who to Contact: | Staff |
| Director: | |
| Days and Hours: | Weekdays - 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 55 to 62 years of age |
| Fees: | None |
| Area Served: | City |
| Other: | Must be out of work for 15 weeks |
| Foreign Languages Spoken: | |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

FAMILY SERVICE AGENCY OF SAN FRANCISCO
1010 Gough Street
San Francisco, CA 94109

474-7310

| | |
|---|---|
| Services & Description: | Counseling; casework, outreach services; Foster Grandparent; activity therapy; senior companions; ombudsman for nursing homes. Ombudsman (Tel. #: 474-8757) |
| Contact: | Staff of appropriate program |
| Director: | Ira Okun |
| Days and Hours: | Monday to Thursday - 8:30 a.m. to 8:30 p.m.<br>Friday - 8:30 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | Vary with program |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Chinese, Spanish, Japanese, Filipino |
| Public Transportation: | MUNI #31, 38, |
| Other Information: | Transportation provided for geriatric activity program. Ombudsman covers all long-term care facilities in San Francisco and links to other county ombudsmen. |
| Last Up-date: | 9/84 |

FAMILY SURVIVAL PROJECT
1736 Divisadero Street
San Francisco, CA 94115

921-5400

| | |
|---|---|
| Services & Description: | Provides information and re-assurance to brain damaged adults and their families about services, organic/brain syndromes, facilities, legal and financial problems. Holds monthly support group meetings and publishes a newsletter. Statewide referral. Provides counseling, legal advice, financial information and respite services. Respite services up to 40 weeks to caregivers from causes such as Alzheimer's, Parkinsons, stroke and head trauma. |
| Contact: | Barbara Ruiz, LCSW |
| Director: | Diana Petty |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | No restrictions. (Pilot services are limited to people not currently on SSI/MediCal.) |
| Fees: | Pilot services have some sliding fees. Fees vary. |
| Area Served: | Bay Area (6 counties) |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - #1, 2, 4 & 24. |
| Other Information: | Office is not wheelchair accessible; meetings are announced in advance and are held in accessible locations. Home and local consultations available. Individual planning sessions with caregivers to identify and address needs of patients, caregivers and families. |
| Last Up-date: | 9/84 |

FEEDBACK PRODUCTIONS, INC.
TALE SPINNERS
Fort Mason Center
San Francisco, CA 94123

776-8477

Services & Description: Tale Spinners is a theatre company which performs original plays with music about issues related to aging. The company is dedicated to exposing destructive myths and stereotypes about the capabilities of the elderly, as well as reinforcing positive images and strategies for coping as one gets older.

Contact: Staff,
Geane Bogardus

Director:

Days and Hours: Monday to Friday - 10:00 to 5:00
Tale Spinners is available for booking year round.

Eligibility:

Income and Age:

Fees: Negotiable

Area Served: Greater Bay Area

Other:

Foreign Languages:

Public Transportation:

Other Information: "We perform at various locations determined by the sponsoring organization."

"We welcome all referrals and inquiries."

Last Up-date: 9/84

FILIPINO-AMERICAN COUNCIL OF SAN FRANCISCO INC.
2948 16th Street (Cross street - Capp Street)
San Francisco, CA 94103

626-0773

| | |
|---|---|
| Services & Description: | Lunch program; outreach program; information and referral services; recreation, education and cultural activities; volunteer medical clinic. |
| Contact: | Director |
| Director: | Art A. Almendral |
| Days and Hours: | Everyday<br>8:30 to 4:00 |
| Eligibility: | |
| Income and Age: | EOC - 55+<br>COA - 60+ |
| Fees: | Lunch donation |
| Area Served: | San Francisco, primarily Mission Dist. |
| Other: | |
| Foreign Languages: | Tagalog, Cebuano, Hiligaynon (All Filipino dialects), English, Spanish |
| Public Transportation: | MUNI: 9, 12, 14, 22, 26, BART |
| Other Information: | Employment Training Program<br>Assists seniors in obtaining a variety of services i.e. SSI, Medi-care/Medi-cal Escort, Nutrition, Recreation, Assist on MUNI Bus Fare, Job Placement. |
| Last Up-date: | 9/84 |

FOSTER GRANDPARENT PROGRAM
FAMILY SERVICE AGENCY OF SF
1010 Gough Street
San Francisco, CA 94109

474-7310

| | |
|---|---|
| Services & Description: | Employment opportunities for persons over 60 who are within the Federal poverty guidelines. 20/hours a week, 4 hours a day. Get one meal free. Three weeks sick leave; two weeks paid vacation. Transportation allowance and annual physical examination. Seniors care for children; link between generations. |
| Who to Contact: | |
| Director: | Jean Parrott |
| Days and Hours: | Monday to Friday - 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Priority to aged 60 and over with low income. Physically fit to serve. |
| Fees: | None |
| Area Served: | City wide |
| Other: | |
| Foreign Languages: | Spanish, Tagalog |
| Public Transportation: | MUNI: #31, 38, 47 |
| Other Information: | Not accessible to wheelchairs. |
| Last Update: | 9/84 |

FRAIL (FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING)
P.O. Box 11833
San Francisco, CA 94101

558-2256

| | |
|---|---|
| Services & Description: | Money management for seniors with retirement income. Clients must be case-managed by a San Francisco social agency and referrals made by worker. The money management is done with the voluntary cooperation of the client and with the on-going case management of the concerned agency. |
| Contact: | |
| Director: | Grace Delucchi |
| Days and Hours: | Monday to Friday - 8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Italian, Spanish |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

FRANCIS OF ASSISI COMMUNITY ADULT DAY ACTIVITY CENTER
145 Guerrero Street
San Francisco, CA 94103

621-4092

Services & Description:

1. H.U.D. subsidized housing for older and handicapped people.

2. Nutrition Program

   Lunch is served Monday thru Friday at noon. Sign-up begins at 10:30. A full calendar of recreational education, health screening and socialization programs.

Who to Contact: Jane Kinsler

Director: Val Agostino, Administrator

Days and Hours: Monday to Friday - 10:00 to 4:00

Eligibility:

Income and Age: 60+

Fees: $1.00 suggested donation for lunch

Area Served: Western Mission neighborhood
Anyone eligible is welcome

Other:

Foreign Languages Spoken: Spanish, Tagalog

Public Transportation: MUNI - Market Street: get off at Market & Guerrero

Mission Street: Mission buses 26 Valencia at 14th Street

Other Information: For housing information call: 621-4092
Applications for standard apartments taken in January. For wheelchair accessible, it is taken anytime. Waiting list on both.

Last Up-date: 9/84

FREDERICK CORDES EYE CLINIC
UCSF
U.C. Medical Center
400 Parnassus Street, 7th Floor
San Francisco, CA 94143

666-2142

| | |
|---|---|
| Services & Description: | Complete services, from eyeglass prescriptions to intraocular micro-surgery; specialty clinics for retinal disease, glaucoma, ocular oncology, ophthalmic plastic surgery. |
| Who to Contact: | Staff<br>Elizabeth Terra |
| Director: | Dr. Michael Drake |
| Days and Hours: | Monday, Tuesday, Wednesday, Friday<br>9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Chinese, Russian; translators available for other languages. |
| Public Transportation: | MUNI: 6, 66, N. Judah Street car |
| Other Information: | |
| Last Update: | 9/84 |

FRIENDSHIP CENTER
711 Eddy Street (Cross street - Polk St.)
San Francisco, CA 94109

775-5052

| | |
|---|---|
| Services & Description: | Drop-in center, support groups - senior Gay men, alcoholics anonymous, tutoring, recreation, health promotion, exercise, and friendly visiting. |
| Who to Contact: | Joan Reichert |
| Director: | |
| Days and Hours: | Monday to Friday - 10:00 to 2:00 p.m. Lunch on Saturday ($1.00 for seniors) |
| Eligibility: | |
| Income and Age: | Seniors or Disabled |
| Fees: | Low cost Breakfast and Lunch |
| Area Served: | San Francisco - Tenderloin |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | 31 Balboa |
| Other Information: | Parent group services for seniors Northern California Presbyterian Homes, Inc. |
| Last Up-date: | 9/84 |

FROMM INSTITUTE FOR LIFELONG LEARNING
University of San Francisco
University Center, Room 538
Ignatius Heights
San Francisco, CA 94117

666-6805
-6806
-6320

| | |
|---|---|
| Services & Description: | Three 8-week sessions per year of daytime classes (Mon., Wed., Thurs.) at college level, in a variety of subjects taught by emeriti professors. University courses can be audited with permission. |
| Contact: | Robert Leonard, Office Manager |
| Director: | Of Program - Prof. John Dennis |
| Days and Hours: | Monday to Friday, 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 50+ |
| Fees: | None |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | Fulton Street buses, #5 Fulton, #43 Masonic, #31 Balboa (Cross street is Masonic) |
| Other Information: | |
| Last Update: | 9/84 |

GARDEN SULLIVAN HOSPITAL OF PACIFIC RECOVERY CENTER (ALCOHOLISM SERVICE)
2750 Geary Street
San Francisco, CA 94118

921-7777

| | |
|---|---|
| Services & Description: | Full range of alcoholism rehabilitation services; detoxification as part of continuum of care to include 21 - 28 day inpatient recovery program; day treatment, individual and group therapy, family groups, after care, A.A., Al-Anon. |
| Who to Contact: | Staff<br>Eves.: Charge RN |
| Director: | W. Dennis Hutton |
| Days and Hours: | Intake: 7 days admission; hospital, 24 hours |
| Eligibility: | |
| Income and Age: | Ability to pay |
| Fees: | Over 18 |
| Area Served: | Anywhere |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI 38 |
| Other Information: | |
| Last Up-date: | 9/84 |

GERIATRIC EVALUATION CLINIC
PRESBYTERIAN HOSPITAL OF PACIFIC MEDICAL CENTER
2324 Sacramento Street
P.O. Box 7999
San Francisco, CA 94120

563-4321 Ext. 2303

| | |
|---|---|
| Services & Description: | Interdisciplinary Clinic with specialists in internal medicine, psychiatry, neurology, rehab medicine and social work designed to evaluate the problems of the patients over 60 years. Complete evaluation requires approx. 2-3 outpatient visits. Based on the eval. team's findings, referrals for follow-up care and services are made with the appropriate health care provider and social service agencies. |
| Who to Contact: | Chris Dong M.S.W. |
| Director: | |
| Days and Hours: | Thursday mornings, 9:00 - 11:30 |
| Eligibility: | |
| Income and Age: | No income restrictions, 60+ |
| Fees: | Accepts Medicare and Medical |
| Area Served: | No residence restrictions |
| Other: | |
| Foreign Languages: | Japanese, Spanish & Chinese |
| Public Transportation: | MUNI: 1 California, 22 Fillmore |
| Other Information: | SEE PATIENTS BY APPOINTMENT ONLY |
| Last Up-date: | 9/84 |

GERIATRIC INFORMATION, COUNSELING AND REFERRAL SERVICE
MOUNT ZION HOSPITAL AND MEDICAL CENTER
2356 Sutter Street
San Francisco, CA 94115

885-7592

| | |
|---|---|
| Services & Description: | Office and home evaluation, counseling, planning, supportive and referral services consultation and resource information to physicians and other Mount Zion patient care staff. |
| Who to Contact: | Joan Roberts |
| Director: | |
| Days and Hours: | Monday to Friday<br>7:00 to 4:30 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | No fee |
| Area Served: | San Francisco |
| Other: | Clients of Mt. Zion Hospital programs or patients of Mt. Zion attending physicians only. |
| Foreign Languages: | Portuguese, Spanish (limited) & Cantonese |
| Public Transportation: | MUNI: 1,2,3,4, and 24 |
| Other Information: | Serves as a reporting agency for elder abuse |
| Last Update: | 8/83 |

GERIATRIC MEDICAL CLINIC
OF MOUNT ZION HOSPITAL AND MEDICAL CENTER
1600 Divisadero Street
San Francisco, CA 94115

885-7590

| | |
|---|---|
| Services & Description: | "Comprehensive health care for elders with problems uniquely related to the aging process". |
| Contact: | Staff |
| Director: | Harold Brownstein, M.D. |
| Days and Hours: | Monday to Friday<br>8:00 to 4:00 |
| Eligibility: | Designed for elders |
| Income and Age: | No restrictions |
| Fees: | Medicare and Medical, private insurance or sliding scale. |
| Area Served: | City-wide |
| Other: | |
| Foreign Languages: | Translators available |
| Public Transportation: | MUNI: Sutter buses |
| Other Information: | We work with various community agencies to provide health care and social services for the elders of S.F. |
| Last Up-date: | 8/83 |

GERIATRIC MENTAL HEALTH SERVICES
Central City Seniors Unit
1182 Market Street, 2nd Floor
San Francisco, CA 94102

777-3311

| | |
|---|---|
| Services & Description: | Psycho-therapy, Family and Individual therapy, Crisis Intervention, Medications given - Home Visiting, Chemotherapy, Case Management, Community Education, Information and Referral. |
| Who to Contact: | Linda LiBrize, CNS |
| Director: | |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Sliding scale, accept Medi-cal<br>City sends statement to private insurance |
| Area Served: | Tenderloin, South of Market to Bush, Central City |
| Other: | |
| Foreign Languages: | German, Italian, Chinese and Spanish |
| Public Transportation: | MUNI and BART |
| Other Information: | Formerly Northeast Mental Health<br>Prefer to serve in their area. |
| Last Up-date: | 9/84 |

GERIATRIC MENTAL HEALTH SERVICES
Chinatown, North Beach Services
1548 - Stockton Street
San Francisco, CA 94133

398-0981

| | |
|---|---|
| Services & Description: | Psycho-therapy, family and individual therapy, crisis intervention. Medications given - home visiting information and referral. |
| Contact: | Rudy Kao |
| Director: | |
| Days and Hours: | |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Sliding scale<br>Accept MediCal<br>City sends statement to private insurance |
| Area Served: | Chinatown, North Beach |
| Other: | |
| Foreign Languages: | Cantonese, Mandarin |
| Public Transportation: | |
| Other Information: | Prefers to serve in their area |
| Last Update: | 9/84 |

GERIATRIC SERVICES - Mental Health
Family Service Agency
1010 Gough
San Francisco, CA 94109

474-7310

| | |
|---|---|
| Services & Description: | Psycho-therapy, family and individual therapy, crisis intervention, medications given, and home visiting. Information and referral. |
| Who to Contact: | Staff |
| Director: | Geriatric Coordinator, Mary Emma Dean |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Sliding scale<br>Accept Medi-Cal<br>City sends a statement to private insurance |
| Area Served: | Western Addition: Pacific Heights, Marina, Filmore, Haight, Parts of Tenderloin. |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | Prefers to serve in their area<br>Day Treatment Center open after November 15th |
| Last Up-date: | 9/84 |

GERIATRIC SERVICES, SOUTHEAST/MISSION
SAN FRANCISCO COMMUNITY MENTAL HEALTH
3905 Mission Street
San Francisco, CA 94112

558-2656

Services & Description: Psychiatric treatment, including outpatient, crisis home evaluation & treatment, day activity, outreach and consultation.

Residential treatment:

Rypins House
1405 Guerrero Street
Tel. No.: 821-0697

Carroll House
73 Anderson St.
Tel. No.: 821-1610

Day treatment:
Monday, Tuesday & Wednesday - 10:00 to 2:00
(Call Rypins House for intake appointment for residential or day worker.)

Who to Contact: Intake worker

Director: Ann Cowan

Days and Hours: Monday to Friday 8:00 to 5:00
Work is done mainly through home visits and office visits

Eligibility:

Income and Age: 60+

Fees: Medicare and Medical if appropriate, or fees based on ability to pay

Area Served: City wide; South East Mission

Other: Prefer to serve in their own district

Foreign Languages: Spanish, Tagalog

Public Transportation: MUNI: 14, 49, 67, 10

Other Information: Residential Program - City wide (ambulatory - short-term treatment). Deal with age-related mental disorders, primarily a psychiatric center.

Last Up-date: 9/84

GERIATRIC SERVICES
SAN FRANCISCO COMMUNITY MENTAL HEALTH

1351 - 42nd Avenue
San Francisco, CA 94122

753-6073

| | |
|---|---|
| Services & Description: | Two components - Geriatric Home Evaluation & Geriatric Day Treatment<br>Services offered include home visits, crisis outreach and management, psychiatric evaluation, a structured day treatment program of recreation and socialization; individual, group and family therapy; medication treatment; limited case management. |
| Contact: | Cynthia Montgomery, PH.D. |
| Director: | Donley Smith |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | None<br>60+ |
| Fees: | Medicare, Medical or UMDAP if appropriate |
| Area Served: | OMI, Richmond and Sunset |
| Other: | No drop-in; by appointment only |
| Foreign Languages: | Japanese, Farsi, Spanish |
| Public Transportation: | Provide transportation to Day Center |
| Other Information: | Other CMH services provided<br>Emergency services:<br>Day 753-6073<br>Night 681-8080<br>Inpatient: Langley Porter 681-8080<br>Outpatient: (RAMS) 668-5955<br>Health Center V 661-4400<br>OMI 334-4717 |
| Last Up-date: | 9/84 |

THE GERONTOLOGICAL SOCIETY OF AMERICA
1411 K. Street
Washington, DC 20005

(202) 393-1411

Services & Description: National organization for professionals in the field of Gerontology. The society is not a direct service agency but directed to professionals in the Field of Aging.

Who to Contact: John M. Cornman

Days and Hours: Monday to Friday - 9:00 to 5:00

Eligibility:

Income and Age: $70 annually

Fees:

Area Served:

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information: This multi-disciplinary association is comprised of researchers, clinicians, educators and other professionals in the field of Gerontology. Sections include Biological Sciences, Behavioral and Social Sciences, Clinical Medicine and Social Research, Planning and Practice. The Society has an Annual Scientific Meeting and publishes scholarly journals directed primarily at professionals in the field.

Last Up-date: 9/84

GLIDE SENIOR NETWORK
330 Ellis Street
San Francisco, CA 94102-2759

771-0226

Services & Description:

1. Advocates, educate Seniors on rights; Meetings every Thursday at noon.
2. Help Seniors get SSI;
3. Recreational field trips;
4. Referrals;
5. Glide Senior meets every Thursday at noon.

Who to Contact: Shirley Bierly

Director: Rev. Edward L. Peet

Days and Hours: Monday to Friday - 9:00 to 3:00 p.m.

Eligibility:

Income and Age: 52+

Fees: None

Area Served: All of California but primarily San Francisco.

Other:

Foreign Languages Spoken:

Public Transportation: MUNI #31, 38, 27

Other Information: Headquarters of California Legislative Council for Older Americans; Regional Office for National Council of Senior Citizens - Senior Power Newspaper $3.00 per year.

Last Update: 9/84

GOLDEN GATE FOR SENIORS
637 South Van Ness
San Francisco, CA 94110

626-7553

| | |
|---|---|
| Services & Description: | Recovery home; individual and group counseling; primary problem of alcoholism for men and women over 55. 18 people for 2-12 months. |
| Who to Contact: | Don Frolli |
| Director: | Don Frolli |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 (Office) |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | Sliding scale ($300-325 norm) |
| Area Served: | San Francisco |
| Other: | Recovering alcoholics |
| Foreign Languages: | |
| Public Transportation: | MUNI - Mission Street buses (#14, #22)<br>BART |
| Other Information: | Potential residents need to be ambulatory and free of drugs. Must make appointment for admission. |
| Last Update: | 9/84 |

GOLDEN GATE SENIOR SERVICES CORP.
1350 Waller Street
San Francisco, CA 94117

621-1112

| | |
|---|---|
| Services & Description: | Operates and supervises three centers. Listed in guide separately; see "Other Information". |
| Who to Contact: | Nick Lederer |
| Director: | Nick Lederer |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 (Office) |
| Eligibility: | |
| Income and Age: | Seniors |
| Fees: | |
| Area Served: | |
| Other: | |
| Foreign Languages: | Tagalog, Spanish & Chinese |
| Public Transportation: | #6, 66, 7, 71 & 33. |
| Other Information: | See separate listings: |

- Haight Ashbury Senior Services
  1350 Waller
  San Francisco, CA 94117
  621-1112
  Nick Lederer, Director

- Diamond Senior Center
  1117 Diamond
  San Francisco, CA 94114
  863-3507
  Betty Garvey, Director

- Noe Valley Senior Center
  1021 Sanchez
  San Francisco, CA 94114
  648-1030
  Jim Patten, Director

Last Up-date: 9/84

GOODWILL INDUSTRIES OF SAN FRANCISCO
980 Howard Street
San Francisco, CA 94103

362-0778
362-6778 (T.T.Y.)

| | |
|---|---|
| Services & Description: | Mostly handicapped; we hire seniors who have difficulty finding employment. |
| Who to Contact: | Jennie Louie |
| Director: | Mary Edington |
| Days and Hours: | Monday to Friday - 7:30 to 4:00 |
| Eligibility: | |
| Income and Age: | All ages |
| Fees: | None |
| Area Served: | San Francisco, Marin, San Mateo |
| Other: | |
| Foreign Languages: | Cantonese, Spanish, Tagalog, Vietnamese |
| Public Transportation: | MUNI #25, any Mission Street bus |
| Other Information: | |
| Last Update: | 9/84 |

GRAY PANTHERS (Aging & Youth in Action)
50 Fell Street
San Francisco, CA 94102

552-8800

| | |
|---|---|
| Services & Description: | Information and referral; advocacy/ education around issues of aging; organizing; health insurance counseling. Housing, transportation, income maintenance, Medi-care and Medi-cal problems, and cooking demonstrations on cheap and nutritious meals. |
| Who to Contact: | J. Harris<br>Insurance Counseling<br><br>L. Fitzwater<br>Cooking |
| Director: | Kathleen Lammers |
| Days and Hours: | Monday to Thursday - 9:00 to 5:00 p.m.<br><br>Friday - 9:00 to 12:00 |
| Eligibility: | |
| Income and Age: | All age groups welcome |
| Fees: | $5 annual membership dues, minimum |
| Area Served: | San Francisco only |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - all Van Ness and Market Street buses |
| Other Information: | Access for handicapped |
| Last Up-date: | 9/20/84 |

THE GROUP
457 Haight St.
San Francisco, CA 94117

861-6840

Services & Description: Emergency food cooperative which operates through EOC offices. Has some clothing available.

Food Buying Club - $2 membership
Order Mon. & Wed., deliver Thursday.

Who to Contact: Staff

Director: Charlene Mack

Days and Hours: Monday - Friday
9:00 - 5:30

Eligibility:

Income and Age:

Fees: $2 membership for Food Buying Club

Area Served: Western Addition

Other:

Foreign Languages Spoken:

Public Transportation: MUNI #6, 7, 22, 66, 71, 72.

Other Information: Get referrals from EOC. Clients go to offices whose workers pick up food.

Last Up-date: 9/84

HAIGHT ASHBURY FREE MEDICAL CLINIC
558 Clayton
San Francisco, CA 94117

431-1714

| | |
|---|---|
| Services & Description: | Ambulatory Medical Clinic. Not a drop-in clinic; appointment only. Call after 12:00 noon. First call, first served. Provides general medical, podiatry, gynecology, dermatology services. |
| Contact: | Staff<br>For same day service, call before noon. |
| Director: | George Dykstra |
| Days and Hours: | Monday to Friday - 1:00 to 4:00 p.m.<br>Monday to Thursday - 6:00 to 9:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | Donations |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI: #7, 33, 43, 71, & 72. |
| Other Information: | Other services include dental and detox. Call for information. |
| Last Up-date: | 9/84 |

HAIGHT-ASHBURY SENIOR CENTER
1350 Waller St.
San Francisco, CA 94117

621-1112

| | |
|---|---|
| Services & Description: | Senior Center - includes noon meal; daily exercise class; weekly trips, bingo, poetry class, arts & crafts, current events, tax assistance, blood pressure counseling, world travel & geography, films, special guest speakers and events. Respite from residential care advocacy (social service), Fast Passes, Voters Registration. |
| Contact: | |
| Director: | Nick Lederer |
| Days and Hours: | Monday to Friday; 9:30 to 4:30 |
| Eligibility: | |
| Income and Age: | 60 or over for meal |
| Fees: | $1.00 donation for lunch |
| Area Served: | All of San Francisco |
| Other: | |
| Foreign Languages: | Tagalog, Spanish, Chinese |
| Public Transportation: | MUNI 7, 43, 71, 72, 33 & 37<br>Stop at Haight and Masonic Streets. |
| Other Information: | Other programming involves the Diamond Senior Center at 117 Diamond Street and providing activities for neighborhood residential care facilities, as well as staff a senior program at 1021 Sanchez Street, in Noe Valley. |
| Last Up-date: | 9/84 |

HARBOR LIGHTS
1275 Harrison St.
San Francisco, CA 94103

864-7000 (Recovery Home)

| | |
|---|---|
| Services & Description: | Non-medical detoxification |
| Who to Contact: | Whoever answers the phone |
| Director: | Capt. Nick Gabriel |
| Days and Hours: | 24 hours a day, 7 days a week |
| Eligibility: | |
| Income and Age: | |
| Fees: | Depending upon ability to pay |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | Mobile Assistance Patrol (MAP) |
| Other Information: | Walk-ins accepted when space is available. 3 meals a day; beds for 14 women, 50 men. |
| Last Update: | 9/84 |

HARRIET STREET CENTER FOR ALCOHOLISM
444 Sixth Street
San Francisco, CA 94103

863-3250

Services & Description: Individual, family and group therapy; alcohol education for alcoholics and co-alcoholics; antabuse evaluation and treatment; prevention-education services to community agencies. Daytime and evening intake interviews. Call for appointment.

Contact: Intake counselor

Director: Dr. Fred Cosentino, Ph. D.

Days and Hours: Monday to Friday - 7:30 to 4:00 p.m.
Monday and Thurs.- 4:00 to 8:00 p.m.

Eligibility:

- Income and Age: None
- Fees: None
- Area Served: San Francisco
- Other:

Foreign Languages:

Public Transportation: MUNI 25, 27, 30

Other Information: Provides 8-week alcohol group education program.

Last Update: 9/84

HEARING SOCIETY FOR THE BAY AREA
1428 Bush Street
San Francisco, CA 94109

775-5700 (voice)
776-DEAF (TTY)

| | |
|---|---|
| Services & Description: | Social work services (individual and group) for hard-of-hearing and deaf people and their families; audiological counseling; and hearing aid loans on medical/audiological referral; classes in aural rehabilitation, lipreading, manual communication; health education materials in 12 languages. |
| Who to Contact: | Social Work Staff |
| Director: | John L. Darby |
| Days and Hours: | Monday to Friday - 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale |
| Area Served: | Bay Area |
| Other: | Hearing impaired people |
| Foreign Languages: | American Sign Language for the Deaf and other manual systems |
| Public Transportation: | MUNI #1, 2, 3, 4. |
| Other Information: | Public education about hearing loss; community planning; special projects (1980-83); and advocacy. Telephone hearing screening test (Dial-A-Test: 776-1291) |
| Last Update: | 9/84 |

HOSPICE OF SAN FRANCISCO
225 - 30th Street
San Francisco, CA 94115

285-5615

Services & Description: A multi-disciplinary team provides physical, social, psychological, spiritual and emotional comfort, when person is terminally ill. The team includes R.N.'s, social workers, rehab. therapists, homemakers, nutritionists, other counselors and dedicated volunteers. They offer 24-hour availability, short term in patient hospice in Garden Sullivan Hospital, support at S.F. General, & bereavement follow-up services for survivors.

Director: Hadley Hall

Days and Hours: Mon. to Fri. 8:00 - 5:00 (24-hour service)

Eligibility:

Income and Age:

Fees: Private insurance, MediCal & MediCare

Area Served:

Other:

Foreign Languages Spoken: Spanish, Mandarin and Cantonese

Public Transportation:

Other Information: Parent organization
Visiting Nurse Association
Hospice has a contract with City and County of San Francisco for a Hospice Program for A.I.D.S. victims.

Last Up-date: 9/84

HOUSING AUTHORITY
440 Turk Street
San Francisco, CA 94102

468-3800

Services & Description: Public housing -Tuesday and Thursday, 8:30 to 3:30
Applications suspended at this time.

Contact: Special Programs: Effie Robinson
Director

Ruth Finkelstein
Administrator

Director: Carl Williams

Days and Hours: Monday to Friday
8:30 to 4:30

Eligibility:

Income and Age: Call office

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI #19

Other Information: Rental office: 1850 Egbert St.
468-3800

Senior Program office: 673-5800 Ext. 271

Last Up-date: 9/84

HOUSING CONSERVATION & DEVELOP. CORP.
1637 Ocean
San Francisco, CA 94112

586-8000

| | |
|---|---|
| Services & Description: | Provides two loan programs for voluntary building code compliance, home repair and accessibility modifications. Technical assistance for determining needed repairs. |
| Who to Contact: | Shirley Parker, Rehabilitation Specialist |
| Director: | Don Horanzy |
| Days and Hours: | Monday to Friday - 8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | No age limit; call for income details |
| Fees: | |
| Area Served: | Ocean, Merced, Ingleside; city-wide for disabled |
| Other: | Homeowners only |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | Services provided in-home for disabled. Agency serves low income and elderly homeowners. Multi-family units on a limited basis. |
| Last Up-date: | 9/84 |

INCOME RIGHTS PROJECT
383 Eddy Street (Leavenworth cross street)
San Francisco, CA 94102

771-9850

| | |
|---|---|
| Services & Description: | Legal representative for initial denials or terminations of - SSI/SSP, Social Security Disability, GA, and AFDC. Also provide information and try to help people through the bureaucracy. |
| Who to Contact: | John Hardesty |
| Director: | |
| Days and Hours: | Monday to Friday - 9:30 to 4:30 |
| Eligibility: | |
| Income and Age: | Anyone applying for above programs. |
| Fees: | Free except where contingency fee is permitted. |
| Area Served: | San Francisco |
| Other: | |
| Public Transportation: | All Market Street Buses<br>31 Balboa |
| Other Information: | Services are provided or supervised by an attorney. |
| Last up-date: | 9/84 |

INDEPENDENT HOUSING SERVICE
25 Taylor Street
San Francisco, CA 94102

441-6781

-6791 (TTY)

| | |
|---|---|
| Services & Description: | Develops accessible housing for the disabled. Housing counseling for the disabled who need new housing or accessibility modified. Referrals made. |
| Contact: | Staff |
| Director: | Walter Park, Housing Counselor<br>Gloria Valoris or Andrew Beckerman |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | San Francisco primarily; referrals to and from other areas. |
| Other: | Disabled persons of all ages |
| Foreign Languages: | Spanish, American Sign Language |
| Public Transportation: | Market Street buses - MUNI |
| Other Information: | Now includes shared housing, support groups. Funded by Mayor's Office and SF Foundation. Access for handicapped. |
| Last Up-date: | 9/84 |

INDEPENDENT LIVING PROJECT & ATTENDANT CARE SERVICES
4429 Cabrillo Avenue
San Francisco, CA 94121

751-8765
-7655 (TTY)

Services & Description: Benefits counseling, peer counseling, group and individual. Attendant referral for in-home supportive services (see "Personal Care Attendant Services"). Training and evaluation of independent living skills. Wheelchair repairs (also used sickroom equipment).

Who to Contact: Jim Peters/Herb Levine

Director: Kathy Uhl

Days and Hours: 5 days, 9:00 to 5:00
Wheelchair Repairs - 8:30 to 5:00
4411 Cabrillo
752-8186

Eligibility:

Income and Age:

Fees: Nominal, or work exchange

Area Served: Bay Area, but mainly SF

Other: Disabled

Foreign Languages:

Public Transportation:

Other Information: Sales and rental of new and used wheelchairs and other equipment needed by disabled; attendant care at minimum wage, minimum of 2 hours a week.

Last Up-date: 9/84

INGLESIDE SENIOR CENTER
1345 Ocean Avenue
San Francisco, CA 94112

587-4472

| | |
|---|---|
| Services & Description: | Hot nutritious lunch served Monday thru Friday at noon. Support services include trips, arts and crafts, choral group, nutrition education, mini-market, etc. |
| Who to Contact: | Cora Cook<br>Site Manager |
| Director: | Rev. Roland Gordon |
| Days and Hours: | 8:30 - 2:30 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 suggested donation for lunch |
| Area Served: | San Francisco, especially Ingleside |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | K-street car |
| Other Information: | |
| Last Up-date: | 9/84 |

IN-HOME DENTURE SERVICE
Kevin D. Pine DDS
P.O. Box 22325
San Francisco, CA 94122

665-8064

Services & Description: In-home denture service is designed for persons who cannot physically get to a dental office for treatment. The service can be delivered in the home or any other location outside the traditional dental office. New dentures, partial dentures, or re-fitting or re-lining of existing dentures can be done. Adjustments are included in service.

Who to Contact: Dr. Kevin D. Pine
or
Linda

Director: Dr. Kevin D. Pine

Days and Hours: Appointments must be arranged.

Eligibility:

Income and Age:

Fees: Depend on the individual service (accept Medi-cal)

Area Served: S.F., Marin

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information: No extractions

Last Up-date: 9/84

INTERNATIONAL INSTITUTE
2209 Van Ness Ave.
San Francisco, CA 94109

673-1720

| | |
|---|---|
| Services & Description: | Counseling services; information and referral; community education; refugee resettlement; legal services related to immigration; translator (interpreter services). |
| Contact: | Intake staff |
| Director: | Don Eiten |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale, fees waived for low income |
| Area Served: | San Francisco, San Mateo and Marin Counties |
| Other: | Preference given to those in the U.S. less than five years. |
| Foreign Languages: | Chinese, Tagalog, Japanese, Korean, Vietnamese, Cambodian, French, Laotian, German, Italian, Spanish, Portuguese |
| Public Transportation: | MUNI #47 |
| Other Information: | International Institute of the East Bay serves Alameda and Contra Costa Counties:<br>297 Lee Street, Oakland<br>Tel. #: 451-2846 |
| Last Up-date: | 9/84 |

ITALIAN WELFARE AGENCY
678 Green Street
San Francisco, CA 94133

362-6423

| | |
|---|---|
| Services & Description: | Planning and care of aged handicapped; serving Italians and Americans of Italian origin; financial emergency assistance when not available elsewhere (public agencies). Escort services - Homemaker services - help in applying for SSI - Medicare - Medical & G.A. |
| Who to Contact: | Mrs. Sue Lesca |
| Director: | Mrs. Sue Lesca |
| Days and Hours: | Monday to Friday - 9:00 to 4:45 (Closed between noon and 1:00 p.m.) |
| Eligibility: | |
| Income and Age: | Low and middle income all ages. |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Italian, French, Spanish |
| Public Transportation: | MUNI 15, 30, 41 |
| Other Information: | Wheelchair access |
| Last Up-date: | 9/20/84 |

JAPANESE FAMILY SERVICE PROGRAM
Family Service Agency of San Francisco
1010 Gough Street (Eddy)
San Francisco, CA 94109

474-7310

| | |
|---|---|
| Services & Description: | Bilingual/bi-cultural outpatient, office and home visitation counseling services to Japanese-American community of San Francisco. Mental health consultation, education and information. |
| Who to Contact: | Nan Senzaki, MSW<br>Project Coordinator |
| Director: | |
| Days and Hours: | Monday to Friday - 9:00 to 5:00<br>Evening appointments available |
| Eligibility: | |
| Income and Age: | No limits, community groups, agencies and individuals |
| Fees: | Sliding scale (UMDAP) |
| Area Served: | SF City and County; other areas if services not available there |
| Other: | |
| Foreign Languages: | Japanese (Mono-lingual Japanese) |
| Public Transportation: | 31 Balboa, Van Ness or 38 Geary buses |
| Other Information: | |
| Last Up-date: | 9/84 |

JAPANESE NEWCOMERS (NOBIRU KAI)
1858 Sutter Street
San Francisco, CA 94115

922-2033

| | |
|---|---|
| Services & Description: | Social service, translation or interpretation, activity, employment (for Japanese-speaking only); volunteer group. Recreational and educational activities; newsletter. |
| Who to Contact: | Staff |
| Director: | Mr. Yoshiko Kitawaki |
| Days and Hours: | Monday to Friday<br>1:00 to 5:00<br>By appointment only. |
| Eligibility: | |
| Income and Age: | Primarily low income |
| Fees: | None |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Japanese |
| Public Transportation: | 2,3,4, 38 (Cross street is Webster) |
| Other Information: | Drop-in center<br>1858 Sutter Street |
| Last Up-date: | 9/84 |

JEWISH COMMUNITY CENTER OF SAN FRANCISCO (Montefiore)
3200 California Street
San Francisco, CA 94118

346-6040

| | |
|---|---|
| Services & Description: | Recreation; food service, nutrition site; swimming; legal services (Sun. 10-12); I&R services; education; outings; senior center; day care for frail elderly. |
| Who to Contact: | Staff |
| Director: | Lola Blackman/Erna Sparer<br>Montefiore Center |
| Days and Hours: | Sunday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ for Montefiore Senior Center |
| Fees: | $18.50 membership dues, or sliding scale, plus $5.00 initiation fee |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Russian, German & Yiddish |
| Public Transportation: | 1, 3, 4, 43: provides transportation Sunday through Thursday for handicapped seniors and very frail elderly. |
| Other Information: | Transportation provided Sunday to Friday for handicapped seniors and very frail elderly. |
| Last Up-date: | 9/84 |

JEWISH FAMILY AND CHILDREN'S SERVICE
1600 Scott Street
San Francisco, CA 94115

567-8860

| | |
|---|---|
| Services & Description: | Provides assessment and case management, counseling, supportive social services and group educational programs. Senior services especially designed to meet the geriatric needs of the Jewish population. Home Care for Jewish Elderly Program provides home assessment and home care assistance. |
| Who to Contact: | Appropriate in-take worker |
| Director: | Werner Gottlieb<br>Executive Director |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00<br><br>Wednesday<br>8:30 a.m. to 8:00 p.m. |
| Eligibility: | |
| Income and Age: | No restrictions; individuals and families |
| Fees: | Counseling service fees based on ability to pay |
| Area Served: | San Francisco, San Mateo & Marin Counties |
| Other: | |
| Foreign Languages: | Polish, Russian & Hebrew |
| Public Transportation: | MUNI: 1, 2, 4, 24, and 38 |
| Other Information: | Programs include:<br>1. Counseling, home visits available;<br>2. Volunteer service - transportation and escort service, telephone reassurance and friendly visiting;<br>3. Shared housing and matched living;<br>4. Widow and Widower Outreach Program;<br>5. Grandparent and Parent Program;<br>6. Adult-Children with aged parents support group;<br>7. Care-giver support group |
| Last Up-date: | 9/84 |

JEWISH HOME FOR THE AGED
302 Silver Avenue
San Francisco, CA 94112

334-2500

| | |
|---|---|
| Services & Description: | Geriatric facility maintaining various levels of care for the nearly self-sufficient to the totally disabled; licensed as a skilled nursing, long-term care facility. There is a 20-unit "Pinecrest" independent living complex on the home's grounds. Daycare services area also provided. |
| Who to Contact: | Intake worker |
| Director: | Jerry A. Levine<br>Executive Director |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00<br>On call, 24 hours |
| Eligibility: | |
| Income and Age: | 65+ |
| Fees: | (Private pay), Medicare and Medi-Cal |
| Area Served: | San Francisco, Marin, San Mateo, the Northern part of Santa Clara, and Sonoma counties. |
| Other: | |
| Foreign Languages: | Russian, German |
| Public Transportation: | |
| Other Information: | Must have lived in the areas serviced by the Jewish Community Federation, San Francisco, for a period of at least three consecutive years prior to making application. |
| Last Up-date: | 9/84 |

JEWISH VOCATIONAL & CAREER COUNSELING
870 Market Street, #872
San Francisco, CA 94102

391-3595

| | |
|---|---|
| Services & Description: | Placement assistance and vocational counseling. Job listings available in the office (Donations are accepted) |
| Who to Contact: | Receptionist |
| Director: | Abby Snay<br>Acting Director |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale for Counseling and Vocational Counseling |
| Area Served: | San Francisco, Peninsula, Marin |
| Other: | |
| Foreign Languages Spoken: | Russian |
| Public Transportation: | Market Street buses (Cross streets are 4th and 5th)<br>BART (Powell Street) |
| Other Information: | Special unit for emigrees; non-sectarian |
| Last Up-date: | 9/84 |

JOHN ADAMS COMMUNITY COLLEGE CENTER (formerly Womens Exchange)
1860 Hayes (Cross street is Masonic)
San Francisco, CA 94117

346-7044

Services & Description: 4-weeks Program
1) Train students to take care of elderly people in their homes
2) Nutrition classes
3) Chronic diseases of the aging
4) Job preparation
Receive certificate from John Adams C.C.C.

Who to Contact: Terry Bloom

Director: Nick Chang

Days and Hours: Monday to Friday
8:00 to 2:00 p.m.

Eligibility:

Income and Age: Adults over 18 years of age

Fees: No charge for program
Small fee for books

Area Served: San Francisco

Other:

Foreign Languages Spoken: Spanish, Japanese, Tagalog, Mandarin and Cantonese

Public Transportation:

Other Information: Applicants must pass a minimal reading and math test before interviewing for the program.

Last Up-date: 9/84

JOSEPH LEE RECREATION CENTER
Oakdale & Mendell Streets
San Francisco, CA 94124

822-9040

| | |
|---|---|
| Services & Description: | Nutrition Program. Lunch is served Monday thru Friday at noon. Sign-up begins at 10:30 a.m. |
| Who to Contact: | Pauline Price<br>Site Manager |
| Director: | Nan Neal |
| Days and Hours: | Monday thru Friday<br>10:00 - 2:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Suggested donation of $1.00 for lunch |
| Area Served: | Hunters Point - Bayview |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | #15 MUNI out 3rd Street |
| Other Information: | |
| Last Up-date: | 9/84 |

KIMOCHI, INC.
1581 Webster St. #10
San Francisco, CA 94115

931-2294

Services & Description: Information and referral; social service; transportation; arts and crafts; recreation; nutrition and supportive services; drop-in lounge is located in the Japan Center and is open 7 days a week. Home delivered and congregate meals; escort service; residential care; adult social day care and respite care.

Contact: Staff
Richard Eijima
Nutrition Coordinator
931-2294

Sandy O. Mori
Kimochi Home project
922-9972

Director: Steve Nakajo, M.S.W.

Days and Hours: Monday to Friday
10:00 to 4:00

Saturday & Sunday
12:00 to 4:00

Eligibility:

Income and Age: No income eligibility;
60+

Fees: None. $.75 donation for nutrition program
25¢ for transportation each way

Area Served: West. Addition, Sunset and Richmond districts

Other:

Foreign Languages: Japanese

Public Transportation: MUNI: Sutter Sreet buses
Geary, California and Clement buses

Other Information: Fee for residential and respite care.

Last Update: 10/3/84

KOREAN COMMUNITY SERVICE CENTER
3136 Fulton Street
San Francisco, CA 94118

567-3267

386-8333

Services & Description: Information and referral; various supportive services; consumer education; counseling program (individual and family); newcomer orientation; escort/job-seeking help; immigration services; mental health referral and counseling; translating and interpreting.

Who to Contact:

Director: Tom Kim

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age: Senior meal services: 60 and over; other services open to all.

Fees: None for services;
$.80 for lunch, Monday to Friday

Area Served: San Francisco

Other:

Foreign Languages: Korean

Public Transportation: MUNI: 5, 44, 21, 31

Other Information: Job Board open for all job seekers.

Last Up-date: 9/84

LAGUNA HONDA ADULT DAY HEALTH SERVICE
375 Laguna Honda Blvd.
San Francisco, CA 94116

664-1580
Ext. 353

Services & Description: A multi-disciplinary assessment & care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, and transportation to and from the center. This program helps elders continue living at home.

Who to Contact: Marge Ginsburg

Director:

Days and Hours:

Eligibility:

- Income and Age: Frail elderly
- Fees: Medi-cal and sliding scale
- Area Served: Sunset and Park Merced area
- Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date: 9/84

LAGUNA HONDA HOSPITAL
375 Laguna Honda Blvd.
San Francisco, CA 94116

664-1580

| | |
|---|---|
| Services & Description: | General acute hospital with distinct skill nursing facility; comprehensive rehabilitation program; 1200 beds. |
| Who to Contact: | Staff, Ext. 389 (Donna Yee) |
| Director: | |
| Days and Hours: | 7 days a week, 24 hours a day |
| Eligibility: | |
| Income and Age: | No requirements |
| Fees: | Fee schedule |
| Area Served: | San Francisco |
| Other: | Must be a resident of San Francisco |
| Foreign Languages: | Most |
| Public Transportation: | MUNI - 10, K, L, M & 44. |
| Other Information: | Mini-bus to hospital from Forest Hills Stn.<br>1. Large volunteer program and always looking for more volunteers<br>2. Adult Day Health Center serving the Sunset and Park Merced areas<br>3. Nutrition site Congregate meals and home deliveries |
| Last Up-date: | 9/84 |

LA RAZA INFORMATION CENTER
3174 24th Street
San Francisco, CA 94110

826-5855

| | |
|---|---|
| Services & Description: | Mainly an information and referral service; fill out forms, including income tax for low-income clients (no fee). Have radio station (FOFY) Provide translating services for businesses and industry at regular fees. |
| Who to Contact: | Staff |
| Director: | Nestor Laboy |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | No limits |
| Fees: | None (except, see above) |
| Area Served: | Anywhere |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | BART at 24th Street<br>MUNI - Mission buses |
| Other Information: | Accept donations |
| Last Up-date: | 9/84 |

LATINO FAMILY ALCOHOLISM COUNSELING CENTER
3690 18th Street
San Francisco, CA 94110

864-4600

| | |
|---|---|
| Services & Description: | Educational counseling, individual, family and group counseling, outpatient counseling center; will make presentations; serve English and Spanish-speaking people. |
| Who to Contact: | Staff<br>Ruth Cohn |
| Director: | Mario Alverez |
| Days and Hours: | Monday to Friday<br>9:00 to 7:30 |
| Eligibility: | |
| Income and Age: | N/A |
| Fees: | Sliding scale |
| Area Served: | San Francisco |
| Other: | San Francisco residents having alcohol problems |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI: 26, 33, J car, Mission street buses (Cross street is Dolores) |
| Other Information: | No medication provided; no medical services available. When needed, referrals are made. |
| Last Up-date: | 9/84 |

LAWYER REFERRAL SERVICE OF SF BAR ASSOCIATION
220 Bush Street
San Francisco, CA 94104

391-6102

| | |
|---|---|
| Services & Description: | They interview client, arrange appointment with appropriate attorney. Fee is $20 for referral and 1/2 hour consultation with lawyer; if he is retained, fee is arranged directly between client and lawyer. |
| Who to Contact: | Any legal interviewer; by phone appointment only |
| Director: | Larry Long |
| Days and Hours: | Monday to Friday<br>8:30 to 5:30 |
| Eligibility: | |
| Income and Age: | |
| Fees: | $20 as above; also make low fee and no fee referrals when income is very low and client owns no property |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Chinese, Tagalog, French, Spanish and Korean |
| Public Transportation: | Located off Market at Sansome.<br>Market street buses. |
| Other Information: | |
| Last Up-date: | 9/84 |

L'CHAIM: RUSSIAN EMIGRE SENIOR CENTER
635 - 14th Avenue
San Francisco, CA 94118

386-0665

Services & Description: A center for frail Russian-speaking elderly offering a variety of educational social & religious experiences for frail Jewish Russian Emigres. A wide range of classes, special events and lectures are provided by bilingual staff and consultants to meet the specific needs of this population. (Corner of Lake and Arguello Streets). Referrals welcome.

Contact:

Director: Linda Finell

Days and Hours: Center open Tuesdays & Fridays
10:00 to 3:00
Participants attend either 1 or 2 days per week from 10:00 to 3:00.

Eligibility:

Income and Age: Program designed for frail elderly Russian Emigres; no income requirements.

Fees: Free to participants

Area Served: Primarily San Francisco; referrals accepted from anywhere in the Bay Area.

Other:

Foreign Languages: Russian, Yiddish

Public Transportation: #1 California Bus
#31 Balboa
#38 Geary

Other Information: Paratransit transportation services available for participants unable to independently provide transportation or unable to obtain family assistance. Meals not provided; snacks and special holiday/special event meals provided.

Last Up-date: 9/84

LEGAL ASSISTANCE TO THE ELDERLY
333 Valencia Street, Room 202
San Francisco, CA 94103

861-4444

| | |
|---|---|
| Services & Description: | Legal assistance to older San Francisco residents (including, information, referral community education), Medi-Cal, Medicare, public benefits, veterans benefits, pensions, annuities, wills, nursing home and residential care, consumer/vendor, employment, age discrimination, adult protective services. Renters: Landlord/ tenant relations (evictions, rent increases) |
| Who to Contact: | Office for intake sites (see below) |
| Director: | Ms. Orah Young |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00<br>By appointment only<br>Sunday - 10:00 to 12:00 intake only<br>at Jewish Community Center |
| Eligibility: | |
| Income and Age: | 58+; no income limitation |
| Fees: | |
| Area Served: | San Francisco |
| Other: | Most fee-generating cases not accepted |
| Foreign Languages: | Spanish, Mandarin, Cantonese, Taishanese |
| Public Transportation: | MUNI - #14, 22, 26<br>BART |
| Other Information: | Intake is conducted at sites; clients seen by appointment only.<br><br>Note: Immigration, criminal, dissolution, separation, probate, bankruptcy cases are referred to more appropriate agency. |
| Last Up-date: | 9/84 |

LIFELINE EMERGENCY RESOURCE SYSTEM
Mt. Zion Hospital
1600 Divisadero
San Francisco, CA 94115

885-7591

Services & Description: Emergency response system using available telephone lines and minimal installation. Provides disabled or ill individuals with system to request immediate help. Monitored on a 24-hour basis at the hospital.

Who to Contact: May Lee

Director:

Days and Hours: 24 hours, 7 days a week

Eligibility:

Income and Age:

Fees: A small monthly rental

Area Served:

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date: 9/84

LIGHTHOUSE FOR THE BLIND

Store & Admin. Office: 1155 Mission St.
San Francisco, CA 94103

431-1481

Education & Recreation Center: 745 Buchanan Street
San Francisco, CA 94102

Enchanted Hills Camp: Mt. Veeder Road
Napa, CA 94558

Services & Description:

Social Services: Information & referral: intake evaluation, crisis intervention, counseling. Children's services, ages 6-18. Visual concerns discussion group.

Cultural & Recreational Service: Community College classes, field trips, social events, sports. Also summer camp program for ages 6 and up.

Rehabilitation Services: Orientation and mobility instruction, low vision services, deaf-blind services. Store for low vision aids and appliances.

Call and ask for service you want; operator will refer you.

Who to Contact: Don Smith

Director: Gil Johnson, Acting Director

Days and Hours: Mon-Fri, 8:30-4:30

Eligibility:

Income and Age: Age 5 and up, no income limits

Fees: Sliding scale for some services; inquire.

Area Served: Greater Bay Area; I&R for other areas in U.S.

Other: Also Lighthouse - PMC Low Vision Services; Pacific Medical Center, 5th floor annex, 563-4321, ext. 2927

Foreign Languages: Spanish

Public Transp.: Mission busses, BART, #21 Hayes for Buchanan site

Other Information: Agency has interns and volunteers at all skill levels; tours and speakers are available. For further particulars about program and services, phone 431-1481.

Last Update: 9/84

LIGHTHOUSE - P.M.C. LOW VISION SERVICE
2340 Clay at Webster Street
San Francisco, CA 94115

563-4321 Ext. 2927

| | |
|---|---|
| Services & Description: | Evaluates how person functions, the nature of the eye problem, and prescribes appropriate visual aids. Does a medical evaluation, training in optical and non-optical aids, counseling, rehabilitation and education and research. |
| Contact: | Anna Ortiz, Coordinator |
| Director: | A. Colenbranher |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00<br>BY APPOINTMENT ONLY |
| Eligibility: | |
| Income and Age: | Anyone with a problem who has had an examination by an ophthalmologist is eligible. |
| Fees: | |
| Area Served: | Medi-Cal will pay fee, and MediCare will pay part in some cases |
| Other: | No limit |
| Foreign Languages: | Spanish, French, Dutch |
| Public Transportation: | MUNI - 1, 2, 55 |
| Other Information: | Access for handicapped |
| Last Up-date: | 9/84 |

LINKS
Health Center #5, Room 204
1351 24th Avenue
San Francisco, CA 94122

661-4400

| | |
|---|---|
| Services & Description: | Peer support group for widows and widowers. Offers confidential sharing and mutual support, discussions of various problems, including emotional problems. |
| Contact: | Facilitator - Helen Hoy |
| Director: | |
| Days and Hours: | Meet bi-monthly, 2nd and 4th Thursday of each month - 1:00 to 3:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | Only requirement is that person is widowed. a widow or widower |
| Foreign Languages: | |
| Public Transportation: | N. Judah, 16X, 71, 72 |
| Other Information: | Membership is open; a widowed person can join at any time. |
| Last Up-date: | 9/84 |

LORRIE'S AIRPORT SERVICE

826-5950

Services & Description: Transportation between San Francisco and Airport. Scheduled service from the Airport every 30 minutes between 6:00 a.m. and 10:30 p.m. For service to the Airport, call one day before departure for reservations 826-5950. Board Lorrie's vehicle on upper level of San Francisco Airport, middle traffic island, brown curbside.

Who to Contact:

Director:

Days and Hours:

Eligibility:

Income and Age:

Fees: From Downtown San Francisco locations:
$8.00 for one person
$6.50 each if more than one
From Western areas of the City:
$11.00 for one person
$ 7.50 each if more than one

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information: Individual sightseeing tours available. Call for information. Charter transportation and sightseeing service is available. Call above number 7 days a week for information.

Last Up-date: 9/84

LOS MAYORES DE CENTRO LATINO
180 Fair Oaks
San Francisco, CA 94110

826-1647

-3411 (Transportation)

| | |
|---|---|
| Services & Description: | Translation, social case work, social activities. Food service on M, T, W, T; Sunday field trips (some fees for trans.); dances, arts and crafts, sewing classes. Home delivered meals. Interpreter/ advocate. |
| Who to Contact: | Gloria Bonilla |
| Director: | Gloria Bonilla |
| Days and Hours: | Sunday to Thursday<br>10:00 to 6:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ for nutrition program only |
| Fees: | $.65 donation for lunch |
| Area Served: | Mainly Mission District<br>City by Director's approval |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | Mission Street buses - MUNI |
| Other Information: | Transportation for Center clients only |
| Last Up-date: | 9/84 |

LUTHERAN CARE FOR THE AGING INFORMATION & REFERRAL
1031 Franklin Street
San Francisco, CA 94109

441-7777

| | |
|---|---|
| Services & Description: | Information and referral of senior services. Emphasis on Housing Information. Lists appropriate to specific housing needs of No. Calif. Seniors are compiled on request. |
| Who to Contact: | Linda Olson |
| Director: | Robert Kriger |
| Days and Hours: | Monday - Friday<br>9:00 - 4:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | None for Counseling services |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | MUNI #38 Geary bus |
| Other Information: | Please call for an appointment. |
| Last Up-date: | 9/84 |

MARTIN DE PORRES HOUSE
2826 23rd Street
San Francisco, CA 94110

550-9091

Services & Description: Free food restaurant.

| | |
|---|---|
| Breakfast: | Monday to Friday<br>6:00 to 7:30 a.m. |
| Sunday Brunch: | 9:00 to 10:30 a.m. |
| Lunch: | Tuesday to Saturday<br>12:00 to 3:00 |

Who to Contact: John Moore/Barbara Collier
Coordinators

Director:

Days and Hours:

Eligibility:

Income and Age:

Fees:

Area Served: All of San Francisco

Other: "Anyone who is hungry"

Foreign Languages:

Public Transportation: 47 Potrero, 35

Other Information: Supported entirely by donations; we serve about 1,000 meals daily.

Last Up-date: 9/84

MAYOR'S CITIZEN ASSISTANCE CENTER
City Hall, Room 160
San Francisco, CA 94102

558-2666

| | |
|---|---|
| Services & Description: | Information, referral, intervention service. Make referrals to proper agency. Try to help San Francisco residents in dealing with city agencies and the bureaucracy. Casework. |
| Who to Contact: | Gil Brigham |
| Director: | |
| Days and Hours: | 8:30 to 5:00<br>Monday thru Friday |
| Eligibility: | |
| Income and Age: | No criteria |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | Van Ness and Market Street buses<br>#5 Fulton, #42, #47 Van Ness, #19 Polk.<br>BART - Civic Center. |
| Other Information: | TTY, Landlord/tenant information, etc. |
| Last Up-date: | 9/84 |

MAYOR'S COUNCIL ON DISABILITIES CONCERNS
942 Market Street, Room 408
San Francisco, CA 94102

433-4890 (voice or TTY)

Services & Description: I&R services regarding persons with handicapping conditions; consultive services for synagogues, churches, etc. in development of ministries with seniors and persons who are handicapped.

Who to Contact: Rev. Dr. Norman E. Leach
Chairperson

Director:

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco
Daly City

Other:

Foreign Languages Spoken:

Public Transportation: MUNI and
BART on Market Street

Other Information:

Last Up-date: 9/84

McAULEY NEUROPSYCHIATRIC INSTITUTION
450 Stanyan Street
San Francisco, CA 94117

668-1000

| | |
|---|---|
| Services & Description: | Outpatient department; day treatment; inpatient services for children and adults. |
| Who to Contact: | Jules Levaggi, Social Worker |
| Director: | Dr. David Tomasini |
| Days and Hours: | Monday to Friday - 8:30 to 5:00 for outpatient services<br>24-hours/7 days a week for crisis and inpatient services |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale. Outpatient Medi-Cal, Medicare and insurance. |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Russian, Tagalog, French (interpreters available) |
| Public Transportation: | MUNI - 21 |
| Other Information: | Doctor on call for inpatient services. |
| Last Update: | 9/84 |

MEALS ON WHEELS OF SAN FRANCISCO, INC.
1290 Sutter Street, #9
San Francisco, CA 94109

474-4646

Services & Description: Meals on Wheels delivers to home-bound seniors in San Francisco. We offer two meals a day (one hot, one cold). Our volunteers and staff are aware that for many of our clients, the visit to their homes is as important as the meals being delivered. We make appropriate referrals.

Who to Contact: Staff

Director: Dorrwin B. Jones

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

- Income and Age: 60+
- Fees: $3.75 per day for 2 meals
- Area Served: All of San Francisco
- Other: Call 2 working days in advance for delivery.

Foreign Languages: Some

Public Transportation: When necessary, weekend food is provided with Friday delivery, in "Frozen Form"

Other Information: Areas served:

| | |
|---|---|
| Sunset | Cathedral Hill |
| Richmond | Downtown (Tenderloin) |
| Mission-Bayview | Ingleside |

We are always in need of volunteer drivers and deliverers.
$3.75 per day or donation based on what they can afford.

Last Up-date: 9/84

MEDICAL ADVICE
San Francisco General Hospital
1001 Potrero
San Francisco, CA 94110

821-8111
-8060

Services & Description: This is part of the Emergency Room service at SF General and they will give advice on any medical problem.

Who to Contact: Staff

Director:

Days and Hours: 7 days
24 hours

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

Last Up-date: 9/84

MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO
2398 Pine Street
San Francisco, CA 94115

921-4401

Services & Description: An advocacy and lobbying agency which provides for voluntary citizen action in the promotion of mental health, improved care for the mentally disordered and community education concerning mental health issues; I&R (directory) for self-help groups through the Self-Help Clearing House. Call 387-5100 for directory.

Contact: Ruth Tebbets

Director:

Days and Hours: Monday to Friday
8:30 to 4:30

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco and Bay Area

Other:

Foreign Languages:

Public Transportation: MUNI - 1, 2, 3, 4, 22.

Other Information:

Last Up-date: 9/84

MISSION COMMUNITY LEGAL DEFENSE, INC.
2940 16th Street, Suite 301
San Francisco, CA 94103

552-3910 (Legal)

552-7208 (Advocacy)

552-7194 (Immigration)

| | |
|---|---|
| Services & Description: | Community law office provides legal representation in criminal defense, immigration law and welfare advocacy. |
| Contact: | Receptionist and secretary for information and intake procedure. |
| Director: | Fernando Cosio |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Low to moderate income |
| Fees: | None |
| Area Served: | Mission district |
| Other: | Live in Mission area |
| Foreign Languages: | Spanish spoken by entire staff |
| Public Transportation: | MUNI - Mission buses<br>BART - 16th St. |
| Other Information: | Legal representation for Spanish-speaking seniors of San Francisco, contact Ana M. Montano, Attorney-at-law. |
| Last Up-date: | 9/84 |

MISSION LANGUAGE & VOCATIONAL SCHOOL(MLVS)
2929 19th Street
San Francisco, CA 94110

648-5220

Services & Description: Offers classes according to the following areas - Business English; English-as-a-second language (ESL); Filing, Office Machines, Typing, Office Procedures and Job preparation; Computer, Word Processing.

Who to Contact: Floridalma Valencia

Director: Rosario Anaya

Days and Hours: Monday to Friday
8:00 to 5:00

Eligibility:

Income and Age: Low income guidelines for over 18 years of age

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Spanish

Public Traansportation: BART, MUNI - 9 San Bruno 27 Noe

Other Information:

Last Up-date: 9/84

MISSION NEIGHBORHOOD CENTER
(HOMEMAKER-ESCORT PROJECT)
362 Capp Street
San Francisco, CA 94110

826-4659

| | |
|---|---|
| Services & Description: | Escort service; light cleaning and cooking; grocery shopping. |
| Who to Contact: | Staff |
| Director: | Sam Ruiz<br>Executive Director<br><br>Melba Maldanado<br>Center Director |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+; SSI - low income |
| Fees: | None |
| Area Served: | Only the Inner Mission |
| Other: | Disabled or unable to reach or use social services because of physical, mental or language barriers. |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - Mission street or Van Ness buses |
| Other Information: | To request services, call the project at least 2 days in advance. |
| Last Up-date: | 9/84 |

MISSION NEIGHBORHOOD HEALTH CENTER
240 Shotwell Street
San Francisco, CA 94110

552-3870

| | |
|---|---|
| Services & Description: | Medical services; dental services, x-rays and laboratory services. Pharmacy and social services. Provides primary comprehensive health care services. |
| Who to Contact: | Staff |
| Director: | Gladys Sandlin |
| Days and Hours: | Monday to Friday<br>8:30 to 6:00 p.m. |
| Eligibility: | |
| Income and Age: | Open |
| Fees: | Sliding scale; Medi-Cal; MediCare<br>Dental not paid by sliding scale |
| Area Served: | |
| Other: | |
| Foreign Languages: | Spanish, Tagalog, Russian, Cantonese<br>Vietnamese, Japanese |
| Public Transportation: | MUNI - 9, 14, 22, 41 Union, any Mission St. or 16th Street bus<br>BART |
| Other Information: | Access for handicapped |
| Last Up-date: | 9/84 |

MOBILE ASSISTANCE PATROL (MAP)
2940 16th Street (at Capp Street)
San Francisco, CA 94103

431-7400

| | |
|---|---|
| Services & Description: | Pick-up of public inebriates as an alternative to arrest by police. |
| Who to Contact: | Staff |
| Director: | Linda Davis-Hill |
| Days and Hours: | 7 days a week - 16 hours<br>7:00 a.m.-11:00 p.m.<br>Accept last call at 10:00 p.m. |
| Eligibility: | |
| Income and Age: | 18 and over |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | For non-medical detoxification transport to 1175 Howard Street for 24 hours. Then refer to proper rehabilitation, 3-5 days or longer. |
| Foreign Languages: | Spanish |
| Public Transportation: | |
| Other Information: | For medical detox; in emergency, will transport to Mission Emergency. Will not go into rooms, must be voluntary and ambulatory. |
| Last Up-date: | 9/84 |

MONTEFIORE SENIOR CENTER
3200 California Street (Cross Street is Presidio)
San Francisco, CA 94118

346-6040

Services & Description: Multipurpose senior center

1. Kosher lunches
2. Home delivered meals
3. Transportation
4. Social Day Care (3 times a week)
5. Stroke Club
6. Couples Club
7. Trips and Outings
8. Exercise & Swimming
9. I & R
10. Legal assistance
11. Health & Nutrition classes

Who to Contact:

Director: Erna Sparer
Executive Director

Days and Hours: Monday to Friday
9:00 to 4:30 p.m.

Sunday
10:00 to 3:00 p.m.

Eligibility:

Income and Age: Sliding scale, fixed fee and varied fee
60 and over

Area Served: San Francisco

Other:

Foreign Languages: Russian

Public Transportation: 1,4,3, 41

Other Information: Limited transportation

Last Up-date: 9/84

MOUNT ZION HOSPITAL AND MEDICAL CENTER
DENTAL DEPARTMENT
1600 Divisadero Street, 2nd floor
Outpatient Building
San Francisco, CA 94115

885-7335

| | |
|---|---|
| Services & Description: | A full range of dental services; consultation for hospitalized patients; emergency services for general public eligible Mt. Zion connected patients accepted. Those in geriatric screening program get exam and free evaluation. |
| Who to Contact: | Paul Glassman |
| Director: | Harvey Brody, D.D.S. |
| Days and Hours: | Monday to Friday<br>8:00 to 4:30<br>Emergency - 24 hours a day |
| Eligibility: | |
| Income and Age: | Disabled and medically compromised |
| Fees: | Vary |
| Area Served: | |
| Other: | Determined by eligibility worker at Mt. Zion |
| Foreign Languages: | All languages |
| Public Transportation: | Sutter buses |
| Other Information: | Acceptance determined by status of caseload.<br>Mt. Zion General Hospital<br>Telephone No. 567-6600 |
| Last Up-date: | 9/84 |

MOUNT ZION HOSPITAL AND MEDICAL CENTER
DIVISION OF HOME CARE
2356 Sutter Street, 2nd Floor Pavilion
San Francisco, CA 94115

885-7572

| | |
|---|---|
| Services & Description: | Provides skilled services in the home under the direction of a Mt. Zion physician. Patients are essentially homebound and in need of nursing supervision or rehabilitative services such as physical occupation or speech therapy. Medical social work, home health aid services available, as needed. |
| Who to Contact: | Jan Wright, RN<br>Coordinator of Home Care |
| Director: | Harold Brownstein, M.D. |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 (Office hours)<br>Nursing services available 7 days a week |
| Eligibility: | |
| Income and Age: | No restriction to age or income |
| Fees: | Reimbursed by MediCare and Medi-Cal, private insurance - private pay. |
| Area Served: | San Francisco |
| Other: | Must be homebound |
| Foreign Languages: | Cantonese, Tagalog, Italian & Spanish |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

MOUNT ZION HOSPITAL AND MEDICAL CENTER
Sr. Health Screening and Referral
1600 Divisadero Street
San Francisco, CA 94115

885-7529

| | |
|---|---|
| Services & Description: | Outpatient evaluation and treatment includes medical, surgical and specialty services; after-hours emergency room available for registered clinic patients; senior health screening, 60 and over (assess dental needs). |
| Who to Contact: | Anya Schratz |
| Director: | Harold Brownstein, M.D. |
| Days and Hours: | Monday to Friday<br>8:00 to 4:00 |
| Eligibility: | |
| Income and Age: | All residents of San Francisco who are not receiving private medical care or are members of prepaid health plans. |
| Fees: | MediCare and Medi-Cal accepted; private insurance; sliding scale based on ability to pay. Screening for seniors is free. |
| Area Served: | |
| Other: | |
| Foreign Languages: | Russian, German, Yiddish, Japanese, Spanish |
| Public Transportation: | MUNI - 1, 2, 24, 38, 4. |
| Other Information: | Geriatric Information, Counseling, Referral Service and Limited Monitoring<br>Joan Roberts<br>885-7592<br><br>Social Service and Discharge Planning<br>Susan Haikalis<br>885-7529<br><br>Free to all hospital patients. |
| Last Up-date: | 9/84 |

MULTIPLE SCLEROSIS SOCIETY
520 - 3rd Street, Suite 104
Oakland, CA 94607

268-0572

| | |
|---|---|
| Services & Description: | Counseling - rap groups; educational literature; medical equipment; emergency respite care only. Information and referral. |
| Who to Contact: | |
| Director: | Debbie Levy |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | $10 per year membership;<br>none for MS patients |
| Area Served: | 13 counties |
| Other: | People with MS, family, friends and others |
| Foreign Languages: | |
| Public Transportation: | BART and AC Transit<br>Cross street is 4th Street |
| Other Information: | Provide minimal transportation in emergencies only. |
| Last Up-date: | 9/84 |

THE MULTI-SERVICE CENTER FOR KOREANS
1362 Post Street
San Francisco, CA 94109

441-1881

| | |
|---|---|
| Services & Description: | ESL, Job Counseling, Vocational training |
| Who to Contact: | Myong H. Shin |
| Director: | Dr. Youn-Cha Shin, Chey |
| Days and Hours: | Monday to Friday<br>9:00 to 5:30 |
| Eligibility: | |
| Income and Age: | 55 years of age or older<br>Asian, JTPA eligible |
| Fees: | No fees |
| Area Served: | S.F. resident |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | Provide Muni Fast Pass |
| Other Information: | |
| Last Up-date: | 9/84 |

MUSCULAR DYSTROPHY ASSOC., INC.
558 Pilgrim Dr., #D
Foster City, CA 94404

570-6166

| | |
|---|---|
| Services & Description: | Assist people with neuromuscular disease; also provides assistance with medical expenses.<br><br>Education - public health services |
| Who to Contact: | Leona Miu<br>Patient Service Coordinator |
| Director: | Ms. Jo Goeldner |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | Bay Area |
| Other: | MD patients & ALS patients |
| Foreign Languages: | Chinese |
| Public Transportation: | |
| Other Information: | Spanish language brochures. |
| Last Up-date: | 9/84 |

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED
3201 Balboa
San Francisco, CA 94121

221-3201

| | |
|---|---|
| Services & Description: | Production and distribution of large print books and loan library; free youth activities for junior high and high school partially seeing; discussion groups for partially seeing middle-aged and senior citizens; outreach to elderly; public education, speaking & research information and referral. Low vision aids for distribution. |
| Who to Contact: | Pamela Santos<br>Program Coordinator |
| Director: | Lorraine H. Marchi<br>Executive Director |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | |
| Other: | Anybody partially seeing--not totally blind. |
| Foreign Languages: | Spanish literature available |
| Public Transportation: | MUNI - 31, 38 |
| Other Information: | Easy access for handicapped |
| Last Up-date: | 9/84 |

NATIONAL COUNCIL ON ALCOHOLISM - BAY AREA
2655 Van Ness, Suite 370
San Francisco, CA 94109

563-5400
885-6912 TTY

Services & Description: Information, pre-treatment consultation and referral; train volunteers; speakers in-service training for agencies, organizations, and professionals.

Who to Contact: Norman Willis

Director: Ms. Jacqueline Toliver

Days and Hours: Monday to Friday
9:00 to 5:00
24-hour telephone help-line

Eligibility:

Income and Age: No limits

Fees: None
Contributions, donations

Area Served: Bay Area

Other:

Foreign Languages: Interpreters by appointment

Public Transportation: MUNI - 42 & 47 stop at door
41, 45 and 30 stop within 2 blocks

Other Information: TTY available to provide accessibility to the deaf: 885-6912

"We also have a variety of volunteer opportunities, including answering our phone line from home."
Community Education - contact C. Parker
Education Course covering alcohol related subjects and issues. 30-hours course
Ca. State Univ. S.F. gives credit.
CEU are available for R.N.'s

Last Up-date: 9/84

NATIONAL COUNCIL ON THE AGING
1182 Market Street, Room 417
San Francisco, CA 94102

864-4460

National Office:
Jack Ossofsky, Executive Director
600 Maryland Avenue, SW, West Wing 100
Washington, D.C. 20024

(202) 479-1200

Services & Description: A national organization on aging: technical assistance and training for agencies, organizations, individuals; publication of educational materials; research and evaluation; national and regional conferences.

Who to Contact: Staff

Director: Bernard Finkelstein

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees: Organization membership fee

Area Served: Western USA

Other:

Foreign Languages:

Public Transportation: MUNI - Market Street buses and streetcars

Other Information: Administers:
National Institute on Age, Work & Retirement
National Institute of Senior Centers
Senior Center Humanities Program
National Center on Arts and Aging
Senior Community Service Employment Project
National Media Resource Center
National Institute on Adult Day Care

Last Up-date: 9/84

NATIONAL LAWYERS GUILD REFERRAL PANEL
558 Capp Street
San Francisco, CA 94110

647-5297

Services & Description: Help people find the right attorney for whatever problem they may have and make the necessary referral. All referrals are handled over the phone.

Contact:

Director:

Days and Hours: Monday to Friday 10:00 to 5:00

Eligibility:

Income and Age:

Fees: $20 for 30 minutes consultation with the attorney to whom referred. Fees for subsequent service are worked out with attorney.

Area Served: Have attorneys in San Francisco East Bay and Marin

Other:

Foreign Languages: Can refer to attorneys with foreign languages.

Public Transportation:

Other Information: ABSOLUTELY NO DROP-IN: phone appointments only.
People who have a legal problem may come; if an attorney is required will make the necessary referral; if not appropriate, a social service agency will be offered.

Last Up-date: 9/84

NATIVE AMERICAN HEALTH BOARD, INC. (non-profit corporation)
56 Julian Avenue
San Francisco, CA 94103

621-8051

Services & Description: Medical and dental clinic. Program for women & infant children, including supplemental food program. Doctor and nurse on staff. Once a month (dates vary) lunch for seniors with program and panel discussion on nutrition. Nutritionist on staff (free). Preventive Health Service for Seniors. Podiatry and Optometry clinic.

Who to Contact: Staff
Martin Waukazoo

Director: Jerome West

Days and Hours: Monday to Friday
8:30 to 5:30

Eligibility:

Income and Age: No limits

Fees: They try for 3rd party reimbursement, mainly Medi-Cal ... help with applications. No one is turned away.

Other: Serves all ethnic groups

Foreign Languages: Spanish

Public Transportation: Located between Valencia and Mission
14th and 15th Streets
behind Armory.
Take BART, Mission or Valencia buses.

Other Information: There is a Satellite Program in Oakland
3022 E. 14th Street
436-0455

Perinatal
Oakland
261-1962

Last Up-date: 9/84

NATIVE AMERICAN INDIAN SENIOR CENTER
552 Hayes Street
556 Hayes Street (General Information: 431-7030)
560 Hayes Street (431-8339)
San Francisco, CA 94102

| | |
|---|---|
| Services & Description: | Multipurpose center; nutrition site, three energy programs, home delivered meals. Social service programs available. |
| Who to Contact: | David Owen |
| Director: | Leigh Hubert |
| Days and Hours: | 7 days a week<br>8:00 to 5:00<br>10:00 to 2:00 - Nutrition Sites |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 suggested donation for lunch |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Various Indian dialects |
| Public Transportation: | MUNI #21 |
| Other Information: | Energy Programs<br>9:00 to 4:00 weekdays |
| Last Up-date: | 9/84 |

NETWORK OF VOLUNTEERS SERVING THE ELDERLY
810 Urbano Drive
San Francisco, CA 94127

585-0332

Services & Description:

1. Newsletter for volunteers to announce training events, open meetings, tasks to be done (job descriptions) current information on resources; agencies, methods, etc.

2. Meetings for mutual recognition, support, motivation;

3. Access through NVSE to computerize skills bank and geographic matching of volunteers available for short-term service.

4. Periodic educational, training events and workshop series in basics of serving the elderly

5. Recruitment and placement of additional volunteers.

Contact:

David Cross
Council of Churches

Terrie Kelly
VNA
861-8705

Director:

Days and Hours:

Eligibility:

Income and Age:

1. Volunteers serving elderly of SF
2. Agencies involving volunteers in their direct services to seniors in SF

Fees:

None to volunteers; donations welcome. Agencies asked to donate to basic costs.

Area Served:

Other:

Foreign Languages:

Bi-lingual volunteers available

Public Transportation:

Other Information:

The Network is endorsed by the Coalition of Agencies Serving the Elderly (CASE).

Last Up-date:

9/84

NIGHT MINISTRY (SFCC)
432 Mason
San Francisco, CA 94102 (For mailing purposes only)

986-1464 (Answering service until 10:00 p.m.)

| | |
|---|---|
| Services & Description: | Telephone hot line and immediate in-person counseling. The Night Minister meets the client at any designated place, i.e., home, bar, restaurant, etc. |
| Who to Contact: | Staff |
| Director: | Rev. Chuck Lewis |
| Days and Hours: | 7 days, 10:00 p.m. to 4:00 a.m. |
| Eligibility: | |
| Income and Age: | None |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

NIHONMACHI LEGAL OUTREACH
2012 Pine Street (Laguna & Buchanan)
San Francisco, CA 94115

567-6255

Services & Description: Provide legal services on a sliding scale for low income people, primarily Asians. Also take some cases at regular fees. Provide Japanese interpretation, (advance appointment required).

Legal Assistance given in:
1. Family
2. Immigration
3. Criminal
4. Public benefits
5. Wills
6. Administrative

Who to Contact: Staff
Sharon C. Ngim

Director: Laurie Suzuki

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age: All, emphasis Asian/Pacific (low income)

Fees: Sliding scale
Free or donations

Area Served: Bay Area

Other:

Foreign Languages: Japanese

Public Transportation: MUNI - #1, 2, 3, 4
California, Clement

Other Information:

Last Up-date: 9/84

NOE VALLEY SENIOR CENTER
1021 Sanchez Street
San Francisco, CA 94114

648-1030

| | |
|---|---|
| Services & Description: | Noon meals; daily exercise class; weekly trips; Bingo, current events; tax assistance; blood pressure service; counseling; films; guest speakers. |
| Contact: | Caran Ruga |
| Director: | Nicholas Lederer |
| Days and Hours: | Monday to Friday<br>12:00 to 3:00 |
| Eligibility: | |
| Income and Age: | 60+ for meals |
| Fees: | None |
| Area Served: | San Francisco and Noe Valley |
| Other: | |
| Foreign Languages: | None |
| Public Transportation: | 48, J Church |
| Other Information: | Nutrition services, Fast Passes<br>Voter registration and<br>Hypertension screening at UCSF. |
| Last Up-date: | 9/84 |

NORIEGA SENIOR SERVICES CENTER
(San Francisco Council of Churches)
3601 Noriega

1819 43rd Avenue (Office Address)
San Francisco, CA 94122

665-6844
-0575 (Senior Day Care Program)

| | |
|---|---|
| Services & Description: | I&R, telephone, drop-in, and field (outreach, site visits, etc.); distributes bi-monthly information bulletins to seniors on a block-by-block basis in the Sunset, Park Merced, Stonestown and Richmond districts; tax assistance; gold cards/MUNI pass distribution. Telephone re-assurance, Monday Senior Activity Center starts at 10:00 a.m. followed by hot lunch. |
| Contact: | Staff |
| Director: | Robert Bagain |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | 60 |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 18,29, 71 |
| Other Information: | Social Day Care Center program.<br>Call for information -<br>665-0575 |
| Last Update: | 9/84 |

NORTH AND SOUTH OF MARKET ADULT DAY HEALTH CORP.
333 Turk Street
San Francisco, CA 94102

885-2274

Services & Description: A multi-disciplinary assess. & care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, and transportation to and from the center. This program helps elders continue living at home.

Who to Contact: Marilyn Beffort

Director:

Days and Hours: Monday to Friday

Eligibility:

- Income and Age: Frail elderly
- Fees: Medi-Cal, and sliding scale
- Area Served: Within boundary of Van Ness, Market, Powell and Bush Streets
- Other:

Foreign Languages: Spanish, Russian, Japanese Cantonese and Mandarin

Public Transportation:

Other Information:

Last Up-date:

NORTH EAST MEDICAL SERVICES
1520 Stockton Street
San Francisco, CA 94133

391-9686

| | |
|---|---|
| Services & Description: | Family-oriented ambulatory health care agency with goal to improve health status of residents; provides primary physician care, specialist physician care, lab and xray, pharmacy, optometry, acupuncture, physical therapy, dental, nursing, nutrition, social services, health education, interpretation and transportation only when necessary. |
| Who to Contact: | Call Intake Dept. at 391-9686 |
| Director: | Sophie Wong |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00<br>Clinic on Saturday morning<br>9:00 to 12:00 |
| Eligibility: | |
| Income and Age: | No limits, mostly low income |
| Fees: | Sliding scale, according to income; Medicare and Medi-Cal and private |
| Area Served: | Residents of Chinatown/North Beach area, and residents of City and County of San Francisco who have cultural difficulties and/or languages difficulties. |
| Other: | |
| Foreign Languages: | Chinese, Vietnamese, Mandarin, Cantonese |
| Public Transportation: | MUNI - 15, 30, 41 |
| Other Information: | Has own physician as well as community physician |
| Last Up-date: | 9/84 |

NORTHERN CALIF. SOCIETY TO PREVENT BLINDNESS
4200 California Street #101 (Cross Street is 4th Avenue)
San Francisco, CA 94118

387-0934

Services & Description:

For children:
Pre-school screening, home eye tests, eye safety programs in schools.

For adults:
Industrial eye programs, home eye tests, agricultural eye safety (use of fertilizers). Professional education for nurses (continuing education)

For seniors:
Publications on diabetes & eyes, macular degeneration, glaucoma, cataracts, the aging eye.

Contact: Joan E. Bell
Program Mgr.

Director: Peter Jamgochian

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees: None, except for quantities of our publications, some books (at cost).

Area Served: Northern California

Other:

Foreign Languages: Have volunteers who speak Spanish, children's publications translated in Spanish, Southeast Asian languages.

Public Transportation: California street buses

Other Information: Supply films and speakers at no cost for programs on eye safety. Do glaucoma screening in other counties (not SF, where city does it). Has answering service.

Last Up-date: 9/84

NORTH OF MARKET HEALTH COUNCIL
333 Turk Street
San Francisco, CA 94102

885-2274

| | |
|---|---|
| Services & Description: | Outpatient clinic and home visits for medical services, including physician, nursing, physical therapy, podiatry, and case management. Also nutrition, recreation, and Adult Social Day Care. Senior alcoholism services Glaucoma screening. |
| Who to Contact: | Ellie Cousinean, R.N.<br>Case Management |
| Director: | Vera Haile<br>Administrator |
| Days and Hours: | Monday to Friday<br>8;00 to 5:00<br><br>Nutrition and Recreation<br>7 days a week<br>9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 donation for clinic services<br>$. 85 donation for lunch |
| Area Served: | Within boundary of Van Ness, Market, Powell and Bush Streets. |
| Other: | |
| Foreign Languages: | Spanish, Russian, Japanese, Cantonese, Mandarin |
| Public Transportation: | MUNI - 31 |
| Other Information: | Adult Day Health Program<br>for North & South of Market St. residents<br>Marilyn Beffort<br><br>Salvation Army Meal Site<br>Stephen Thacker |
| Last Update: | 9/84 |

NORTH OF MARKET SENIOR CENTER - ALCOHOL PROGRAM
333 Turk Street
San Francisco, CA 94102

885-2274

| | |
|---|---|
| Services & Description: | Individual counseling; outreach; information and referral; an alcohol program. |
| Contact: | Staff |
| Director: | Karen Fishkin |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | Sliding Scale<br>$5.00 per month |
| Area Served: | Within boundary of Van Ness, Market, and Bush streets<br>City wide |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 31 |
| Other Information: | Oasis Club<br>Recreation Room<br>291 Eddy Street<br>441-9850<br><br>Transportation for clients on a limited basis; 7 days a week - 8:00 to 5:00 |
| Last Up-date: | 9/84 |

O.B.E.C.A. - ARRIBA JUNTOS CENTER
2017 Mission Street, 2nd Floor
San Francisco, CA 94110

863-9307

| | |
|---|---|
| Services & Description: | Employment services for persons wishing to be Home Health Aides, Homemakers and live-in help. One of their many services. |
| Who to Contact: | Staff |
| Director: | |
| Days and Hours: | Office hours - Monday to Friday 8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | N/A |
| Fees: | Direct Payment |
| Area Served: | Mainly Mission but will serve all of S.F. |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

OLDER WOMEN'S LEAGUE
601 Dolores Street
San Francisco, CA 94110

550-1660

Services & Description: National Advocacy organization concerning mid-life and older women working for policy changing to reduce inequities for older women. Local chapter has monthly meeting and committees which enable every woman to take an active role in its affairs.
4th saturday of the month
10:30 to 12 (come at 10:00 for coffee)

Who to Contact:

Director:

Days and Hours: Monday, Wednesday & Friday
8:30 to 12:00

Eligibility:

Income and Age: Senior women

Fees: $5.00 annual membership

Area Served:

Other:

Foreign Languages Spoken:

Public Transportation: J church; 22 Filmore

Other Information:

Last Up-date: 9/84

OLD ST. MARY'S CHURCH
660 California Street
San Francisco, CA 94108

986-4388

| | |
|---|---|
| Services & Description: | Housing for 18 men and 6 women.<br>Maximum stay is 5 nights. |
| Who to Contact: | |
| Director: | Jim Foster |
| Days and Hours: | First come, first serve<br>Be in line, at and not before 4:30 |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | Calif. street cable car, 1, 15, 30 |
| Other Information: | New Program: Rent law information and assistance.<br>Ask for Housing Committee 398-0724<br>(Committee will return call)<br>Men and women have separate dormitories. Children can be with the women but not with the men. Women are transported to their dorms. |
| Last Up-date: | 9/84 |

OMBUDSMAN (LONG TERM CARE)
Family Service Agency of San Francisco
916 Eddy Street
San Francisco, CA 94109

474-8757

| | |
|---|---|
| Services & Description: | Recruits and trains volunteers to visit long-term care facilities (skilled nursing facilities and board and care homes) on a regular basis with the purpose of receiving, investigating and resolving complaints lodged by or on behalf of frail, elderly residents. |
| Who to Contact: | |
| Director: | Margot Jasie |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00<br>or leave message |
| Eligibility: | |
| Income and Age: | No restrictions |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Armenian |
| Public Transportation: | Geary, Van Ness, Balboa buses |
| Other Information: | Provides training to Nursing Home personnel and develops resident councils. |
| Last Up-date: | 9/84 |

OMI SENIOR DAY CARE CENTER
(S.F. Council of Churches)
333 Randolph Street
San Francisco, CA 94132

587-1443

| | |
|---|---|
| Services & Description: | Lunch programs; multi-purpose senior center; health screening; educational, recreational and social programs. |
| Who to Contact: | Staff |
| Director: | Clara Mill |
| Days and Hours: | Monday to Friday<br>9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 70+ |
| Fees: | None except $1.00 for lunch |
| Area Served: | Oceanview, Merced Heights and Ingleside |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - M |
| Other Information: | |
| Last Up-date: | 9/84 |

ON LOK SENIOR ADULT DAY HEALTH CARE
1441 Powell Street
San Francisco, CA 94133

989-2578 Ext. 226

| | |
|---|---|
| Services & Description: | A multi-disciplinary assess. & care management program, with rehabilitation services, Social services, Nursing and personal care services, therapeutic and recreational services, nutritional and hot noon meals, and transportation to and from the center. This program helps seniors continue living at home. |
| Who to Contact: | Merle Espaldon |
| Director: | |
| Days and Hours: | Monday to Friday<br>8:00 to 4:30 |
| Eligibility: | |
| Income and Age: | Frail elderly |
| Fees: | Medi-Cal and sliding |
| Area Served: | Chinatown and North Beach district |
| Other: | |
| Foreign Languages Spoken: | Cantonese, Mandarin, Tagalog and Italian. |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

ON LOK SENIOR HEALTH SERVICES
1441 Powell Street
San Francisco, CA 94133

989-2578

| | |
|---|---|
| Services & Description: | Health and social services to the frail, elderly in the Chinatown-North Beach and Polk Gulch districts. |
| Contact: | Marie-Louise Ansak, Executive Director |
| Director: | Marie-Louise Ansak |
| Days and Hours: | Day Health Centers -<br><br>Monday to Sunday<br>8:00 to 4:30<br>1441 Powell Street<br><br>Monday to Friday<br>8:00 to 4:30<br>831 Broadway & 1455 Bush<br>24-hour service |
| Eligibility: | |
| Income and Age: | 55 years and over, Medicare, Medical eligible |
| Fees: | Based on income, assets |
| Area Served: | Chinatown-North Beach district |
| Other: | |
| Foreign Languages: | Cantonese, Mandarin, Italian, Tagalog |
| Public Transportation: | MUNI - 30, 30X, 19 |
| Other Information: | Multi-disciplinary team includes - MD's, RN's, nutritionists, therapists and Para-professionals. |
| Last Up-date: | 9/84 |

OPERATION CONCERN--GAY AND LESBIAN
OUTREACH TO ELDERLY (G.L.O.E.)
1853 Market Street
San Francisco, CA 94103

626-7000 (V/TTY)

| | |
|---|---|
| Services & Description: | Services include support groups, social events, medical and legal referrals, as well as a corps of trained volunteers to visit shut-ins. Mental Health services. |
| Contact: | Sheryl Goldbey<br>Coordinator |
| Director: | Caole Migden,<br>Executive Director of Operation Concern |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Services for lesbians, gay men and their families,<br>60+ |
| Fees: | Donations |
| Area Served: | SF City and County |
| Other: | |
| Foreign Languages: | Interpreters available |
| Public Transportaion: | MUNI - 8 Market |
| Other Information: | 1. Writing workshop<br>2. Cooking group<br>3. Men & Neighborhood Rap<br>4. Luncheons<br>5. Dances |
| Last Up-date: | 9/84 |

OPTIONS FOR WOMEN OVER 40
3543 18th Street
San Francisco, CA 94110

431-6944
-6405

Services & Description: Telephone and drop-in resource referral center; job information service; support groups; assertiveness training; career/life planning; job search skills; building self-confidence. Women's Experimental Theater, monthly brunch, monthly meetings. Thrift shop

Who to Contact: Pat Durham
Agency Coordinator

Director: Pat Durham

Days and Hours: Monday to Friday
10:00 to 5:00

Eligibility:

Income and Age: Any woman over 40; programs and services available to all.

Fees: $12 membership fee gratefully accepted.
sliding scale
Midmorphosis
Newsletter with membership

Area Served:

Other:

Foreign Languages: Spanish

Public Transportation: MUNI - 26, 33,
Mission street buses
BART

Other Information: Wheelchair accessible
Monthly meeting
2nd Thursday of every month
Sunday brunch

Last Up-date: 9/84

OZANAN RECEPTION CENTER (formerly Howard Street Detox)
1175 Howard Street
San Francisco, CA 94103

621-6471

| | |
|---|---|
| Services & Description: | Drop-in Center -<br>8:00 a.m. to 9:00 p.m.<br>Detox - 24 hours<br>Shelter for men provided through<br>Old St. Mary's Church<br>986-4388<br>Drop-in basis<br>Shower and bath |
| Contact: | Staff |
| Director: | Jim Curtis |
| Days and Hours: | 7 days<br>8:00 to 9:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | Ability to pay<br>sliding scale |
| Area Served: | San Francisco |
| Other: | Alcoholics |
| Foreign Languages: | Spanish |
| Public Transportation: | Located between 7th and 8th streets<br>M.A.P. will bring to center. |
| Other Information: | A social model, non-medical detox center. AA meetings and counseling. Information and referral services. Be there at 2:00 p.m. work day for shelter. Be there at 3:00 p.m. saturday and sunday for shelter. |
| Last Update: | 9/84 |

PACIFIC FOOT CLINIC
Podiatry Group
2000 Van Ness Avenue, #706
San Francisco, CA 94109

776-8535

Services & Description: Podiatry services available in the office and at various senior centers: Diamond Senior Center, Dimasalang House, Haight-Ashbury Senior Center, Salvation Army Senior Center, San Francisco Senior Center (Downtown), Self-Help for the Elderly, Woolf House, YWCA Sutter St. Call for appointments and times.

Contact: Dr. Dill

Director: Dr. Gary J. Dill

Days and Hours: Varies, so call for schedules

Eligibility:

Income and Age:

Fees: Call for fee schedule

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information:

Last Up-date: 9/84

PACIFIC PRESBYTERIAN MED. CENTER
Geropsychiatric Unit
Pacific Psychiatric Institute
2323 Sacramento Street

563-4321 Ext. 2856

Services & Description: Provides evaluation & treatment for older persons with functional or organic disorders which require acute psychiatric care in a hospital setting. If more help is needed arrangements are made for support services or placement in extended care facilities appropriate to the individuals needs. Unit consists of R.N.'s, psychiatrist director, social worker and occupational therapist, psychiatric technicians.

Who to Contact: Nurse-in-charge

Director: Patrick J. Buchanan, M.D.

Days and Hours: 24 hours

Eligibility:

Income and Age: Fees vary
Hospital daily room rate & tests

Fees: MediCare, MediCal & other insurance

Area Served:

Other:

Foreign Languages:

Public Transportation: 1 California, 22 Fillmore

Other Information: The goal is to identify and alleviate factors which have been interfering with the older person's ability to live independently.

Last Up-date:

PARATRANSIT SERVICES (PARATRANSIT BROKER) S.F.
U.S. Human Resources Corp.
1109 Oak Street (Cross street is Divisadero)
San Francisco, CA 94117

552-7908

| | |
|---|---|
| Services & Description: | Subsidized taxi and lift-equipped vans on a limited basis. Group van trips available. |
| Contact: | Virginia Cerenio<br>Asst. Broker |
| Director: | Gregory Watty<br>Broker |
| Days and Hours: | Monday to Friday<br>9:00 to 5:30 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | Varies - cost of transportation only (depends on income and ability to pay) |
| Area Served: | City and County of San Francisco |
| Other: | Medical certification by MD required, verifying disability. |
| Foreign languages: | Spanish, Tagalog, Vietnamese, Mandarin, & Cantonese |
| Public Transportation: | |
| Other Information: | Arrangements are made by phone; certification form will be mailed and must be returned, and then appoinment for transportation is made. |
| Last Up-date: | 9/84 |

PATIENTS' RIGHTS ADVOCACY SERVICE (P.R.A.S.)
890 Hayes
San Francisco, CA 94117

552-8100

Services & Description: Provides advocacy and rights protection services for former and present patients in the mental health system. This includes individuals who are receiving services in acute care psychiatric hospitals, skilled nursing and board and care facilities, as well as those receiving community services on an out-patient basis.

Contact:

Director: Melissa Daar

Days and Hours: Monday to Friday
9:00 to 5:00
24-hour answering service

Eligibility:

Income and Age: Mental Health Patient

Fees: None

Area Served: City and County of San Francisco

Other:

Foreign Languages: French, Korean, Spanish

Public Transportation: #22, #21

Other Information:

Last Up-date: 9/84

PLANETREE HEALTH RESOURCE CENTER
2040 Webster Street
San Francisco, CA 94115

346-4636

Services & Description: A unique health and medical library for the lay person, health professionals and community agencies. The center provides ready access to medical texts, consumer health books, a clipping file of the latest medical research and listings of over 2000 health-related services. A variety of health books and educational products may be purchased or special ordered. Pleasant atmosphere; street level access.

Contact: Staff

Director: Patricia Phelan

Days and Hours: Monday to Friday
10:00 to 4:00
Wednesday
10:00 to 7:00
1st Saturday of each month
11:00 to 3:00

Eligibility:

Income and Age: Any and all welcome

Fees: No fee for on-site use of the Center library; cards $10/year.
Memberships $35/year.

Area Served: Bay Area

Other: Mail requests accepted from all over California

Foreign Languages: Spanish on request

Public Transportation: MUNI - #1
(corner of Sacramento & Webster Streets)

Other Information: Phone requests are discouraged to avoid any misunderstanding of medical information Requests for basic information may be sent via mail with $5 for an information packet. A detailed literature search may also be requested for $15.

Copy machine is available on site.

Last Up-date: 9/84

POISON CONTROL CENTER
UCSF
School of Pharmacy
Location:
SF General Hospital
1001 Potrero St. Room 1E86
San Francisco, CA 94110

666-2845

| | |
|---|---|
| Services & Description: | Diagnosis and recommendation of treatment for exposure or ingestion of any poison. Referral to proper source of treatment. Serve individuals as well as doctors and hospitals. |
| Contact: | Staff person |
| Director: | Kent Olson, M.D. |
| Days and Hours: | 7 days, 24 hours |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | SF Bay Area and Northern California coastal region |
| Other: | Translator service available in the hospital |
| Foreign Languages: | |
| Public Transportation: | N/A |
| Other Information: | No patients seen |
| Last Up-date: | 9/84 |

POLISH ARTS & CULTURE FOUNDATION
1290 Sutter Street
San Francisco, CA 94115

474-7070

| | |
|---|---|
| Services & Description: | Serves mainly Polish refugees, with free English lessons, translations and interpretation, legal assistance. Also has cultural events with Polish foods, exhibits, concerts, lectures. Polish instruction (fees for this). |
| Contact: | |
| Director: | Ms. Tomczykowski, President |
| Days and Hours: | Noon to 7:00 p.m. except Monday & Sunday |
| Eligibility: | |
| Income and Age: | |
| Fees: | For some events; not for instruction in English |
| Area Served: | Northern California |
| Other: | Polish |
| Foreign Languages: | 2 Clement |
| Public Transportation: | |
| Other Information: | |
| Last Up-date: | 9/84 |

POTRERO HILL HEALTH CENTER
1050 Wisconsin Street
San Francisco, CA 94107

648-3022

| | |
|---|---|
| Services & Description: | Comprehensive primary medical, dental, podiatric, nurse-midwifery, and nutritional services for children and adults. |
| Who to Contact: | Staff<br>Ms. Napier, Nurse Coordinator |
| Director: | |
| Days and Hours: | Monday, Tuesday, Thursday<br>8:00 to 5:00<br><br>Wednesday<br>11:00 to 7:00<br><br>Friday<br>8:00 to 5:00<br><br>Doctor and dentist on call 24-hours |
| Eligibility: | |
| Income and Age: | No exclusions |
| Fees: | Sliding fee based on income<br>MediCal, MediCare and Private Insurance |
| Area Served: | San Francisco |
| Other: | $3.00 - partial fee asked at time of visit |
| Foreign Languages Spoken: | Spanish |
| Public Transportation: | MUNI - #53, 48, 19 |
| Other Information: | |
| Last Up-date: | 9/84 |

POTRERO HILL NEIGHBORHOOD HOUSE
953 deHaro Street
San Francisco, CA 94107

826-8080

| | |
|---|---|
| Services & Description: | Nutrition Program - lunch is served Monday thru Friday at noon. Sign-up begins at 10:30. |
| Who to Contact: | Mary Gipson<br>Site Manager |
| Director: | Enola Maxwell |
| Days and Hours: | Monday thru Friday<br>10:00 to 2:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Suggested donation<br>$1.00 for lunch |
| Area Served: | Potrero Hill |
| Other: | |
| Foreign Languages: | Spanish, Russian |
| Public Transportation: | 19 Polk<br>53 Southern Heights |
| Other Information: | |
| Last Up-date: | 9/84 |

PROGRESS FOUNDATION
368 Fell Street
San Francisco, CA 94102

861-0828

-0697 (Administration & Information)

| | |
|---|---|
| Services & Description: | 24-hour transitional residential day and satellite apartment programs for elderly with psychiatric and social adjustment problems. |
| Contact: | Harry Mack |
| Director: | Jeanette Singyake |
| Days and Hours: | 7 days a week,<br>24 hours a day |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Sliding scale based on ability to pay |
| Area Served: | City-wide |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - very close.<br>Program has van if transportation is needed. |
| Other Information: | Social rehabilitation model whose goal is to return residents to community at highest level of functioning possible. Residents are expected to participate in operation of household (meal preparation, minor cleaning) and in-house meetings and activities.<br><br>Rypin House (821-0697)<br><br>Carroll House (821-1610) |
| Last Up-date: | 9/84 |

RAPHAEL HOUSE - NEIGHBORHOOD SENIOR ASSOCIATION
1065 Sutter Street
San Francisco, CA 94109

474-4621

Services & Description: Working with the elderly in the immediate neighborhood, some scheduled activities at Rapahel House, coordination with other agencies, counseling, information and referral, and outreach. Provides volunteers and service opportunities for seniors. The program is geared to letting the elderly know that they are not alone and that a wide variety of resources and programs are available to them throughout the city.

Contact: Sister Robin Danford

Director: Sister Robin Danford

Days and Hours:

Eligibility:

- Income and Age: 60+
- Fees: None
- Area Served: Immediate Neighborhood
- Other:

Foreign Languages:

Public Transportation: Sutter Street Buses

Other Information: Call Sister Robin for detailed information regarding programs.

Last Up-date: 9/84

RECREATION CENTER FOR THE HANDICAPPED
207 Skyline Blvd.
San Francisco, CA 94132

665-4100

| | |
|---|---|
| Services & Description: | Activity programs for mentally and physically disabled children, teens, adults and seniors. |
| Contact: | Enrollment counselor |
| Director: | Janet Pomeroy |
| Days and Hours: | Hours of operation - Monday to Friday 2:30 to 8:30<br>Saturday 10:00 to 4:00<br>Hours of Referral - Monday to Friday 9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Any age or income |
| Fees: | None or sliding scale |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Japanese, Cantonese, Tagalog |
| Public Transportation: | Transportation provided by center. |
| Other Information: | Outreach program to residential care homes Training developmentally in self-help independent skills and homemaker skills. Respite care. Overnight weekend - Friday 5:00 p.m. to Saturday 4:00 p.m. Theraputic swim hours for anyone with disability. 1 hour program at various times. |
| Last Up-date: | 9/84 |

RESIDENTIAL RENT STABILIZATION & ARBITRATION BOARD
170 Fell Street, Room 16
San Francisco, CA 94102

621-7368 or 621-RENT

| | |
|---|---|
| Services & Description: | Rent Board; city agency which administers rent control law.<br>Arbitrate conflicts related to rent and evictions. |
| Contact: | Staff |
| Director: | Ricardo Hernandez |
| Days and Hours: | Monday, Wednesday, Friday<br>8:30 to 5:00<br><br>Tuesday and Thursday<br>8:30 to 1:00 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | Filing some tenant petitions - $10; some are free; filing landlord petion is $15 per unit. |
| Area Served: | San Francisco |
| Other: | Do not deal with subsidized housing or owner-occupied; 4 units or less. |
| Foreign Languages: | Spanish, Cantonese and Vietnamese |
| Public Transportation: | Van Ness/Market |
| Last Up-date: | 9/84 |

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)
Sponsored by Action/V.N.A. of San Francisco
2101 20th Avenue
San Francisco, CA 94116

731-3335

| | |
|---|---|
| Services & Description: | Recruits volunteers; places volunteers in non-profit social services agencies. An attempt is made to place the volunteer within their neighborhood, if possible, unless they request a special assignment. RSVP sponsors a monthly educational meeting on the fourth Tuesday of each month, 1:00 to 3:00 p.m. Guests are welcome. Volunteer telephone re-assurance program. |
| Contact: | Staff |
| Director: | Lucille Ramstetter |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | None |
| Area Served: | CMH Districts 1, 3, and 5 |
| Other: | |
| Foreign Languages: | Spanish (by one outreach worker) |
| Public Transportation: | MUNI - 28 and 66 buses |
| Other Information: | Everyone is always welcome to visit the central office, by appointment. Some job listings, mainly clerical. |
| Last Update: | 9/84 |

RETIRED SENIOR VOLUNTEER PROGRAM (UJCC)
and RSVP CRAFT HOUSE (1819 Polk, SF CA 94109)

Main Office: 3200 California Street SF CA 94118

346-1812

Services & Description:
1) Recruitment of volunteers
2) Placement of volunteers in non-profit agencies;
3) Follow-up and recognition;
4) Information and referral.

Contact: Staff

Director: Lola Blackman

Days and Hours:

Craft House -
Monday to Saturday
10:30 to 5:00 p.m.

Office -
Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age: 60+

Fees: None

Area Served:

RSVP program
CMH Districts 2, 4
Craft House
Entire city

Other:

Foreign Languages:

Public Transportation:

Office: #1, 3, 4
Polk St.: #1, 19, 25

Other Information:

Volunteers can register at either office.
Polk street is ground floor access.
Craft House - a show case for artisans over 60 to display and sell their hand-made items.

Last Up-date: 9/84

RETIREES EMPLOYMENT PROGRAM (REP)
University of California, San Francisco
Personnel Department
1350 7th Avenue (Old Laguna Honda School)
San Francisco, CA 94143

666-2715
1645(message #)

Services & Description: Employs retirees on Social Security or other pension part time as Supplementary Staff Assistants (clerical, administrative or research). Status may be part time, temporary or full time. Length of employment depends on particular dept. and its needs. Attempt made to meet employees' schedule and hours preference. Salaries depend on job assignment. Employees working at least 50% time are eligible for vacation, sick leave.

Contact:

Director: Faricita Wyatt
Coordinator

Days and Hours: For information, call Ms. Wyatt -
Tuesday, Wednesday
10:00 to 4:00
Thursday
1:00 - 4:00

Eligibility:

Income and Age: Retirees on some sort of pension plan who want to re-enter the work force on a limited basis.

Fees:

Area Served:

Other:

Foreign Languages:

Public Transporation:

Other Information: To apply, submit resume with information re: preferable working hours.

Last Up-date: 9/84

REVERSE ANNUITY MORTGAGE PROGRAM
1107 Oak Street
San Francisco, CA 94117

863-7800

Services & Description: The RAM program, administered by the non-profit San Francisco Development Fund, enables senior homeowners to improve their living situations by transforming their equity into a regular monthly income. Two options are offered: a reverse mortgage term loan, and the sale and leaseback plan which ensures lifetime income and occupancy for the senior.

Contact: Kathleen Kenny
Deputy Director for San Francisco and Marin

Director: Don Ralya

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

REVERSE MORTGAGE
Age 62, income limit is $25,620 1 person; $29,280 two persons assets no more than $50,000.

SALE AND LEASEBACK
Minimum age is 65 for males 70 for females. No asset or income limitation.

Fees: None

Area Served: San Francisco and other counties throughout California, including Marin.

Other: Applicant must be owner-occupant of subject property. Must own property free and clear or have modest loan balance (i.e. under $20,000).

Foreign Languages: Spanish

Public Transportation: Within 2 blocks. Bus lines #6,7, 24, 71.

Other Information: Free screening and homeowner counseling services are available to eligible applicants and their families.
Make Home visits.

Last Up-date: 9/84

ROCKRIDGE FAMILY PRACTICE
141 Leland Avenue
San Francisco, CA 94134

334-3300

Services & Description: Two family physicians and nurse practitioner offer medical care to men, women, and children. Includes physicals and treatment of medical and minor surgical procedures. Routine lab work and EKG's done in office; individual counseling and group classes for weight loss, diabetes, hepertension, maternal and infant nutrition offered periodically.

Contact: Lupe Martinez
Unit Coordinator

Director: Dr. Ho

Days and Hours:

Monday & Wednesday
9:00 to 12:00
1:00 to 6:00
Tuesday & Friday
9:00 to 12:00
1:00 to 5:00
Thursday
9:00 to 12:00 p.m.
Closed in the afternoon - appoinment only

Eligibility:

Income and Age:

Fees: MediCare and MediCal accepted. Others billed directly. 10% discount for payment when service is rendered.

Area Served: San Francisco

Other:

Foreign Languages: Spanish

Public Transporation: MUNI - 15 (3rd Street), 25 Bryant, 30 Express, 56 Rutland

Other Information: Home visits for home-bound patients. For most lab work, samples taken in office X-rays done at closest equipped facility. Patients referred to local pharmacies.

Last Up-date: 9/84

RUSSIAN AMERICAN COMMUNITY SERVICES
674 37th Avenue
San Francisco, CA 94121

387-5336

| | |
|---|---|
| Services & Description: | Health services, social services, recreational group activities, limited transportation and escort (volunteer). Lunches on Monday to Wednesday and Friday, 11:00 to 1:00; lectures, Monday to Wednesday, Friday, 1:00 to 3:00 Meal site is at 6700 Fulton at 43rd Avenue |
| Contact: | Staff |
| Director: | Ariadna Bogatsky |
| Days and Hours: | Monday to Friday<br>10:00 to 4:30 |
| Eligibility: | |
| Income and Age: | 62 and over |
| Fees: | None. For hot meals, $1.00 donation |
| Area Served: | City wide |
| Other: | |
| Foreign Languages: | Russian, Chinese, German and many other languages. |
| Public Transporation: | MUNI - #5 McAllister to meal site<br>- 31, 38 to Office |
| Other Information: | |
| Last Up-date: | 9/84 |

RUTH ANN ROSENBERG ADULT DAY HEALTH CTR.
MT. ZION HOSPITAL & MEDICAL CENTER
1600 Divisadero Street
San Francisco, CA 94115

885-7586

| | |
|---|---|
| Services & Description: | Provides special nursing & rehabilitation services to help those individuals remain in their homes & to give respite to their families. May include any or all of these services - nursing, P.T., S.T., nutritional counseling, exercise. Also ample recreation and socialization. Hot lunch served daily. Transport to and from center. |
| Who to Contact: | Barbara Penney |
| Director: | Barbara Penney |
| Days and Hours: | Monday to Friday<br>10:00 to 3:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | MediCal<br>Sliding scale - private fees |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | Spanish |
| Public Transportation: | MUNI - Sutter or Geary buses |
| Other Information: | Socialization includes: field trips, concerts, dances, current events discussions, arts, crafts, poetry reading and writing. For Seniors who are medically and/or emotionally disabled in need of medically-oriented setting. |
| Last Up-date: | 9/84 |

ST. ANTHONY'S DINING ROOM
45 Jones Street
San Francisco, CA 94102

Mailing: 121 Golden Gate
San Francisco, CA 94102

552-3838

Services & Description:

Meal Program
Daily - 10:00 to 12:30 p.m.
Extra hours on major holidays
Free Clinic
8:30 to 11:00 a.m.
Monday to Friday
Employment Office
111 Golden Gate Avenue
431-7351
Thrift Shop
101 Golden Gate Avenue
431-7351
Drop-in Center (for Women, Men under 18, Children)
Bethesda Project
45 Jones Street
Showers, barber, laundry for homeless poor.

Who to Contact:

Meal Program
Don Cavan
552-3838
Clinic
Anyone
864-0241

Director: Rev. Floyd A. Lotito, Franciscan

Days and Hours: Meal Program daily (10:00 to 12:30 p.m.)

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: Market street lines and BART at Civic Center

Other Information: See Adult Benevolent Assc.

Last Up-date: 9/84

ST. BENEDICT'S CENTER FOR THE DEAF
2891 Bush Street
San Francisco, CA 94115

922-9453

| | |
|---|---|
| Services & Description: | Multipurpose center for the deaf. Manual communication classes. Interpreting Service Program,- provides interpreters, provides sign language. |
| Contact: | Carolyn Beichle |
| Director: | Carolyn Beichle |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00<br>24 hour service |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | SF |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI |
| Other Information: | |
| Last Up-date: | 9/84 |

ST. FRANCIS MEAL SERVICE
S.F. COUNCIL OF CHURCHES: St. Francis Meals
432 Mason (Corner of Post & Mason Streets)
San Francisco, CA 94102
(Mail in only)

392-7463

| | |
|---|---|
| Services & Description: | Serves one nutritious hot lunch on site, Monday to Friday. Serves one hot meal at - YMCA Satellite 620 Sutter St. (Monday to Sunday) |
| Who to Contact: | Mrs. Dorothy M. Simmons |
| Director: | Mrs. Dorothy M. Simmons |
| Days and Hours: | 8:00 to 4:00<br>Main Site and YWCA<br>Weekdays - Meals 10:00 to 12:30<br>YWCA<br>Weekends - 10:00 to 1:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $.75 suggested donation<br>$3.00 for non-seniors |
| Area Served: | Tenderloin |
| Other: | |
| Foreign Languages Spoken: | Spanish, Tagalog, Mandarin, Cantonese |
| Public Transportation: | MUNI - 1, 2, 3, 4, 5. |
| Other Information: | Access for handicapped at YMCA.<br>Additional services: Counseling information and referral; legal assistance; blood pressure screening; housing and employment counseling; educational programs; health programs (nutrition education, daily exercises); recreation and entertainment; resource coordination. |
| Last Up-date: | 9/84 |

ST. LUKE'S HEARING AND SPEECH CENTER
1580 Valencia Street, #806
San Francisco, CA 94110

282-2551

| | |
|---|---|
| Services & Description: | Hearing testing; hearing aid evaluations; speech testing and hearing and language and speech therapy; assists people in communication skills. |
| Contact: | Staff |
| Director: | Dr. George Haspiel |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00<br>8y appointment only.<br><br>Will accept referrals from any source. |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding Scale |
| Area Served: | Entire 8ay Area |
| Other: | |
| Foreign Languages: | Spanish, Russian |
| Public Transportation: | MUNI - 9, 12, 14, 26 |
| Other Information: | Hearing tests in many languages; access for handicapped. Serve stroke patients at in & out patient levels |
| Last Update: | 9/84 |

ST. MARKS LUTHERAN CHURCH
1111 O'Farrell
San Francisco, CA 94109

928-7770

| | |
|---|---|
| Services & Description: | Senior Center on Fridays, at St. Mark's Lutheran Church |
| Who to Contact: | Betty Erikson |
| Director: | Pastor Bock |
| Days and Hours: | Fridays<br>10:00 to 2:00 p.m. |
| Eligibility: | |
| Income and Age: | None |
| Fees: | None, lunch is 75¢ |
| Area Served: | Cathedral Hill and Downtown Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | #38 Geary |
| Other Information: | |
| Last Up-date: | 9/84 |

ST. MARY'S ADULT DAY HEALTH CARE
35 Onondaga (Off Mission, between Geneva and Ocean)
San Francisco, CA 94112

750-5526

Services & Description: A multi-disciplinary assess. & care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals and transportation to and from center. This program helps elders continue living at home.

Who to Contact: John Daw
750-5526

Janeane Morrison
750-5574

Days and Hours: Monday to Friday
10:00 to 3:00

Eligibility:

Income and Age: Frail Elderly

Fees: Medi-Cal & sliding scale

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information: Old Alemany Health Center

Last Up-date:

ST. MARY'S CLINIC
2235 Hayes Street, 5th Floor
San Francisco, CA 94117

750-5500

| | |
|---|---|
| Services & Description: | Comprehensive health care including dental, eye and foot clinics. Also obstetrics and pediatrics, arthritis, chest, ear, nose, & throat, orthopedic, endo-diabetic, neurology, urology, allergy, colo-rectal, reg. surgery etc. |
| Who to Contact: | Victoria Kellman<br>Division of Services<br>Clinic Registration |
| Director: | Raymond L. Weisberg |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30<br><br>In an emergency or during non-clinic hours, use hospital emergency room: 668-1000 |
| Eligibility: | |
| Income and Age: | Screened by Clinic Registration<br>No age limit |
| Fees: | Sliding scale |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Vietnamese, Cambodian, Laotian, Chinese. |
| Public Transportation: | MUNI - #5 & 21 |
| Other Information: | |
| Last Up-date: | 9/84 |

THE SALVATION ARMY
ADULT REHABILITATION CENTER
1500 Valencia Street
San Francisco, CA 94110

647-7000

Services & Description: Rehab in structure work environment for men. Alcoholics, temporary handicaps, ex-convicts, transients, drug-abusers. MUST BE DETOXED AND ABLE TO WORK. Receive board, room, small cash gratuity. Min. personal commitment is 90 days. Program emphasizes spiritual guidance, work therapy and life planning. Includes group individual, and vocational counseling with recreation and workshops in self-development.

Contact:

Director: Major George Duplain

Days and Hours: Monday to friday
8:00 to 3:30

Eligibility:

Income and Age: N/A age; based on ability to work, desire for rehab.

Fees: Free unless receiving outside income

Area Served: Unrestricted

Other:

Foreign Languages: None

Public Transportation: 24th Street/Mission BART
or 26 Valencia Street bus

Other Information: Ability to work, desire to change lifestyle

Last Up-date: 9/84

SALVATION ARMY CENTER FOR SOCIAL SERVICES
445 - 9th Street
San Francisco, CA 94103

861-0755

Services & Description:

1. Emergency housing - based on interview with social worker and contingent on plan, not automatic
2. Emergency food referrals
3. Advocacy
4. Casework (short term); crisis intervention
5. Information & referral
6. Energy assistance (R.E.A.C.H.) once a year

Contact: Staff

Director: Harry de Ruyter

Days and Hours: Intake
Weekdays - 8:30 to 12:00
(first come, first served)
Monday to friday
8:30 to 4:00 p.m. (closed from 12:00 to 1:00)
Monday (1:00 to 3:00 p.m.)
Tuesday- Friday (1:00 to 4:00 p.m.)

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other: Must be 45 days in San Francisco

Foreign Languages: Spanish, French

Public Transportation: 27 Bryant, #19, #42 Bus

Other Information: Please call ahead with referral to see if this appropriate to our service.
Emergency Shelter for Men
341 Eddy Street
474-6364
864-7000

Last Up-date: 9/84

SALVATION ARMY DETOX
1255 Harrison Street
San Francisco, CA 94103

626-2063

| | |
|---|---|
| Services & Description: | 3-5 day detox<br>space for 34 men and 10 women |
| Contact: | Staff |
| Director: | James Purcell |
| Days and Hours: | 7 days<br>24 hours |
| Eligibility: | |
| Income and Age: | Ability to pay |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | at 9th street |
| Other Information: | Mobile Assistance Patrol provides transportation. Regular meals, orange juice and nutritious snacks are given at all times. |
| Last Up-date: | 9/84 |

THE SALVATION ARMY - 125 VALENCIA CENTER
125 Valencia Street
San Francisco, CA 94103

863-1996

| | |
|---|---|
| Services & Description: | Title III Nutrition Program. Lunch daily, plus Saturday and Sunday, Health Screening Nutritional programs, Recreation, Crafts, Bingo, Movies. |
| Who to Contact: | Otto Barnell<br>Site Manager |
| Director: | Major John Rocheleau |
| Days and Hours: | 7 days a week<br>9:00 a.m. to 3:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Donation of $1.00 accepted for lunch |
| Area Served: | Mission/Valencia |
| Other: | |
| Foreign Languages Spoken: | Tagalog, Spanish |
| Public Transportation: | #26 |
| Other Information: | |
| Last Up-date: | 9/84 |

THE SALVATION ARMY SENIOR ACTIVITIES AND MEALS PROGRAM
360 Fourth Street
San Francisco, CA 94107

777-2677

| | |
|---|---|
| Services & Description: | Nutritious hot meals are served at 19 sites: Alexis Apartments, Bayview Hunters Point Senior Center, Canon Kip Senior Center, Francis of Assisi Community, Ingleside Senior Center, Joseph Lee Recreation Center, Mission Neighborhood Capp Street Center, Mission YMCA, North of Market Senior Services, Potrero Hill Neighborhood House, The Salvation Army Mission Corps, The Salvation Army Senior Activities Center, The Salvation Army Silvercrest Residence, The Salvation Army Turk Street Center, The Salvation Army 125 Valencia Center, Sunset Community Center, Visitacion Valley Community Center, Woolf House Apartments and All Hallows Community. Several sites also serve meals on weekends and holidays. Supportive social services are available at each site. |
| Who to Contact: | Staff |
| Director: | Evelyn G. Dexter |
| Days and Hours: | Monday to Friday<br>8:30 to 5:30 |
| Eligibility: | |
| Income and Age: | 60 and over (for meals) |
| Fees: | Suggested donation of $1.00 for meals |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | Spanish, Chinese |
| Public Transportation: | MUNI - 25, 30 to main office |
| Other Information: | See individual listings of sites. |
| Last Up-date: | 9/84 |

THE SALVATION ARMY SENIOR ACTIVITIES CENTER
360 4th Street
San Francisco, CA 94107

777-2677

Services & Description: Multipurpose Senior Center. Recreation active trip program in and out of town, volunteer activities, parties, exercise classes, crafts, arts, English class, Spanish class, Bible study. Blood pressure screening, health talks, podiatrist services. Social services - information and referral, case management for Chinese speaking. Weekend meal site and next door to Monday to Friday meal site.

Who to Contact:

| | |
|---|---|
| Activities | - Patti McCarthy |
| Social Work | - Robert Davis |
| Trips & Senior Action | - Phil Klasky |
| Volunteer | - Lisl Scwhartz |
| Weekends | - L. Aceues |

Director: Mary Leong Lam

Days and Hours: Monday to Friday
8:00 to 4:00

Saturday & Sunday
9:00 to 3:00

Eligibility:

Income and Age: No limitation for income
55 & over

Fees: $10 optional membership
Any senior can drop in free of charge

Area Served: Focus - South of Market.
Open to any senior however

Other:

Foreign Languages: Chinese - several dialects
Spanish

Public Transportation: on 30 line. Close to Mission buses and BART.

Other Information: Senior who pays $10.00 membership have monthly newsletter mailed to them, and have priority signing up for trips.
Senior Community Action Group
Housing/Eviction Assistance

Last Up-date: 9/84

THE SALVATION ARMY TURK STREET SENIOR CENTER
240 Turk Street
San Francisco, CA 94102

928-7078

| | |
|---|---|
| Services & Description: | Title III Nutrition Program serving lunch every day. Also monthly podiatry clinic, health education seminars, women's support group, recreational activities such as exercise class, dancing, films, bingo, outings, mini-market and other supportive services as housing assistance, advocacy, etc. |
| Who to Contact: | Robin Fogel<br>Site Manager |
| Director: | Evelyn Dexter |
| Days and Hours: | 7 days a week<br>9:30 to 3:30<br>Lunch - 11:30<br>Saturday and Sunday<br>9:00 to 2:00 p.m. |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Suggested donation of $1.00 accecpted for lunch |
| Area Served: | Primarily North of Market<br>but anyone is welcome |
| Other: | |
| Foreign Languages Spoken: | None |
| Public Transportation: | 31 Balboa |
| Other Information: | Drop-in Center and Meeting place for the "Tenderloin Community". |
| Last Up-date: | 9/84 |

SAMOANS FOR SAMOANS OF CALIFORNIA
2232 Mission Street
San Francisco, CA 94110

861-5180

| | |
|---|---|
| Services & Description: | Newcomer service - assistance for Samoans, Tongans, Mexicans, anybody who need help with immigration problems, housing, welfare, legal services. |
| Contact: | Staff |
| Director: | Mr. Tui Aoelua |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | Anyone |
| Fees: | Donation gladly accepted |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Samoan, Tongan |
| Public Transportation: | Any mission line |
| Other Information: | Outreach program serving all social service agencies. |
| Last Up-date: | 9/84 |

SAN FRANCISCO AMBULANCE SERVICE
2829 California Street
San Francisco, CA 94115

931-3900 (24-hour dispatch)

Services & Description: Private ambulance service

Contact:

Director:

Days and Hours: 7 days
24 hours

Eligibility:

Income and Age:

Fees: MediCare and MediCal
private insurance, military insurance

Area Served: Bay Area

Other:

Foreign Languages: Spanish & Tagalog

Public Transportation:

Other Information:

Last Up-date: 9/84

SAN FRANCISCO COMMISSION ON THE AGING
1360 Mission, 4th Floor
San Francisco, CA 94103

557-5844 (Administration)

| | |
|---|---|
| Services & Description: | The Commission contracts with direct care service providers to provide services in the following programatic areas: Information & Referral, Ombudsman, Case Management, Housing, Nutrition (Congregate and Home-Delivered), Security/Crime, In-Home Services, Health (Physical and Mental), Transportation, Community Services, Legal Services, and Consumer Services. |
| Contact: | Receptionist |
| Director: | Joyce Ream |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Seniors 60 and over for service; Providers - no age requirement, must provide senior services |
| Fees: | None |
| Area Served: | City and County of San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Chinese, Filipino, German, Italian. |
| Public Transportation: | MUNI - Market street buses and streetcars |
| Other Information: | |
| Last Up-date: | 9/84 |

SAN FRANCISCO COMMUNITY COLLEGE DISTRICT
Mission Community College Center
Learning Program for Seniors (Older Adults)
106 Bartlet Street
San Francisco, CA 94110

648-5866

| | |
|---|---|
| Services & Description: | Provides classes at Senior Centers, senior nutrition sites, churches, and other community group facilities. Classes include Arts & Crafts, Adult Development and Aging, Consumer Education, English Arts, Foreign Languages, Group Leadership of Seniors, Health Education, Homemaking, Music, Performing Arts, Social Studies, Volunteer Training, and many special training programs. |
| Contact: | Director<br>Learning Program for Seniors |
| Director: | John F. (Jack) Harrington |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 18+ |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | Resident of San Francisco |
| Foreign Languages: | Call for information |
| Public Transportation: | Check with MUNI (673-6864) |
| Other Information: | |
| Last Up-date: | 9/84 |

SAN FRANCISCO COMMUNITY LAW COLLECTIVE
503 Dolores St.
San Francisco, CA 94110

863-1530

| | |
|---|---|
| Services & Description: | Wills; General Law; Personal Injury, Plaintiffs' law; Probate; (no Social Security cases). Bankruptcy, dissolutions, criminal. |
| Contact: | Staff |
| Director: | |
| Days and Hours: | Monday to Friday<br>9:00 a.m. to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | Initial consultation free; affordable fees |
| Area Served: | Mission district has priority |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 33, J Car, Mission street buses |
| Other Information: | Not publicly funded |
| Last Update: | 9/84 |

SAN FRANCISCO CONSUMER ACTION
693 Mission Street, Room 403
San Francisco, CA 94105

777-9635

| | |
|---|---|
| Services & Description: | Provides over-the-phone counseling on consumer complaints and referral to appropriate agencies. NO lawyers on staff. |
| Contact: | Staff |
| Director: | Ken McEldowney |
| Days and Hours: | Monday to Thursday<br>10:00 to 3:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | No walk-ins, please |
| Last Up-date: | 9/84 |

SAN FRANCISCO COUNCIL OF CHURCHES
942 Market Street, #408
San Francisco, CA 94102

433-3024

Services & Description: Organizes and develops services for all of San Francisco population.
Senior Services: St. Francis meals, OMI center, telephone re-assurance. Senior block information - 43rd and Noriega Senior Center. Social Day Care Program for ambulatory aged.

Contact:

Director: Dr. Norman Leach

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco, Daly City

Other: Membership - Individual Christian Church
Protestant and
Greek Orthodox

Foreign Languages:

Public Transportation:

Other Information: David Cross is Community College Coordinator for Creative Retirement
WANA
Friendly Visitors and Senior Centers.

Last Up-date: 9/84

SAN FRANCISCO DENTAL SOCIETY
EMERGENCY & REFERRAL
450 Sutter Street
San Francisco, CA 94108

421-1435

Services & Description: Provides names and phone numbers by neighborhoods of dentists who will accept MediCal, emergency care, referral service.

For Senior Dental Program, call - 986-5845.

Contact: Intake staff

Director: Miss Loa Kingston

Days and Hours: 5 days a week
9:00 to 5:00
Weekend emergency service (same number)

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages: Will refer to dentist speaking foreign language.

Public Transportation:

Other Information: Access by phone

Last Up-date: 9/84

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #1
3850 17th Street
San Francisco, CA 94114

558-3905

| | |
|---|---|
| Services & Description: | Blood pressure checks, glaucoma screening, physical examinations, home evaluations, nurse/doctor consultation, health education, referral.<br>For Public Health Nursing Services, call 558-2444. |
| Contact: | Staff |
| Director: | |
| Days and Hours: | Monday to friday<br>8:00 to 5:00<br>Some Saturday clinics |
| Eligibility: | |
| Income and Age: | |
| Fees: | $1.00 registration fee; however, no one is denied services due to an inability to pay. |
| Area Served: | San Francisco Area |
| Other: | San Francisco residents |
| Foreign Languages: | Spanish, some Chinese, Tagalog |
| Public Transportation: | J, K, L, M; 22, 24, 33, 35, 37 |
| Other Information: | Special Peer Support Group for Hypertensive Seniors held every Thursday 9:30 to 11:30 a.m.<br>Support group also provides group discussion, presentations on subjects of interest, including health. Free. |
| Last Up-date: | 9/84 |

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
DISTRICT HEALTH CENTER #2
1301 Pierce Street
San Francisco, CA 94115

558-3256 (Information Line)

-2952 (C.P.R. Training - Darlene Bahrs)

Services & Description: Hypertension education and screening; public health nurses; TB screening; immunizations; nutrition, health education; post-menopausal counseling; senior Housing unit program; physical exams; AIDS screening clinic and teen clinic.
Two types of clinics:
1. Appointment only screening clinic
2. Drop-in clinic

Contact: Staff

Director:

Days and Hours: Monday to Friday
8:00 to 5:00

Eligibility:

Income and Age:

Fees: $1.00, drop-in charge. No one is denied services due to an inability to pay.

Area Served: San Francisco Area

Other: San Francisco residents

Foreign Languages:

Public Transportation: MUNI - 22, 31, 38

Other Information: Geriatric Case Management -
Case Manager will arrange for health, legal, housing and social services for elderly San Francisco residents.
Contact Mitai Toyama
558-2891

Last Up-date: 9/84

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
DISTRICT HEALTH CENTER #3
1525 Silver Avenue
San Francisco, CA 94134

468-3664

Services & Description: Family planning and counseling for teenagers and adults; infant and well children's clinics; immunizations, screening physicals for teenagers and adults; prenatal clinic and prenatal classes; health education. Also glaucoma screening, yearly flu immunization, colo-rectal cancer screening; seniors' health education classes; high blood pressure screening; T.B. testing.

Contact: Staff

Director: Dr. Nina Koulischer
Acting Director

Days and Hours: Monday to Friday
8:00 to 5:00
Some Saturdays and some evenings
Most services by appointment

Eligibility:

Income and Age:

Fees: $1.00 for most services; $0-$10 for Family Planning services. Fees vary for education classes. No one is denied service due to inability to pay.

Area Served: District #3

Other: San Francisco residents

Foreign Languages: Spanish, Tagalog

Public Transportation: MUNI - 9, 44

Other Information: Communication network for seniors; women's clinics (pap test and breast self-exams, etc.); CPR training; nutrition counseling, public health nurse home visits. Weight reduction, stress management, smoking cessation class.
Contact person: Amena Panni
468-1588

Last Up-date: 9/84

SAN FRANCISCO DEPT. OF PUBLIC HEALTH
DISTRICT HEALTH CENTER #4
1490 Mason Street
San Francisco, CA 94133

558-3158 (general)
-2545 (Women's clinic)

Services & Description: Public Health nurses; hypertension education and screening; TB screening; immunizations; women's clinics; nutrition; health education; adult screening clinics; glaucoma screening.

Contact: Staff

Director:

Days and Hours: Monday to Friday
8:00 to 5:00
Some evenings and weekends
Clinics by appointment only.

Eligibility:

Income and Age:

Fees: $1.00 for most services; sliding scale for family planning and women's clinic. No one denied service due to inability to pay.

Area Served: District #4

Other: San Francisco residents

Foreign Languages:

Public Transportation: Powell cable car, #30 (cross street is Broadway)

Other Information: Provides no transportation for clients.

Last Up-date: 9/84

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
DISTRICT HEALTH CENTER #5
1351 24th Avenue (Cross street is Irving)
San Francisco, CA 94122

661-4400

Services & Description: Hypertension education and screening; TB and glaucoma screening; immunizations; health hazard appraisal; colo-rectal screening; nutrition; menopause counseling; health education; public health nurses; women's pap smear clinic; health screening examinations, pregnancy test and counseling.

Contact: Staff
Alyonik Hrushow

Director: Dr. Elspeth Walker

Days and Hours: Monday to Friday
8:00 to 5:00
Some evenings and weekends;
clinics by appointment only.

Eligibility:

Income and Age:

Fees: $1.00 for most health services, except for some classes; sliding scale, $5 - $25 for family planning and women's clinic. No one denied service due to inability to pay. Usually no fee.

Area Served:

Other: San Francisco residents

Foreign Languages: Chinese, Spanish

Public Transportation: N-Judah, #71, 72, 16X, & 29

Other Information: Links widow and widowers
Program at this site.
T.B. screening
Wednesday - am drop-in clinic with minor medical problems

Last Up-date: 9/84

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
PUBLIC HEALTH DIVISION
101 Grove Street
San Francisco, CA 94102

558-2896

Services & Description: Preventive health care; home evaluation by Public Health Nurse; health education; health screening. District addresses and phone numbers listed below.

Contact: Staff

Director: Dr. Mervyn Silverman

Days and Hours: Monday to Friday
8:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco

Other: San Francisco residents

Foreign Languages:

Public Transportation:

Other Information: District Health Centers

| | | |
|---|---|---|
| 1 - | 3850 17th St. | 588-3905 |
| 2 - | 1301 Pierce St. | 588-3256 |
| 3 - | 1525 Silver Ave. | 468-3664 |
| 4 - | 1490 Mason St. | 558-3158 |
| 5 - | 1351 24th Ave. | 661-4400 |

Last Up-date: 9/84

SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES
Adult Services
170 Otis Street
San Francisco, CA 94103

557-5251 (Intake)
5254
5060

557-5228 (Placement Unit)

| | |
|---|---|
| Services & Description: | Placement in board and care and skilled nursing facilities. Protective services for adults who are a danger to themselves or the community or are in danger of being abused, exploited or neglected (without regard to income). In-home support services to maintain aged, blind, disabled persons in own home. |
| Contact: | Intake worker |
| Director: | June Keller<br>557-6438 |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | SSI/SSP, 18+ |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Chinese, interpreters for Russian and Spanish |
| Public Transportation: | Mission Street buses (MUNI) |
| Other Information: | Funds for special circumstances such as eviction, catastrophe, house repairs, life threatening situations. Contact -<br>Pat Chrisnan<br>P.O. Box 7988<br>Rincon Annex<br>San Francisco, CA 94120<br>Tel. #: 557-5257 |
| Last Up-date: | 9/84 |

SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES
Volunteer Services Program
170 Otis Street
San Francisco, CA 94103

557-5517

| | |
|---|---|
| Services & Description: | I&R for DSS services. Telephone re-assurance for DSS clientele. "Clothes Closet", source of used clothing for recipients of DSS run by volunteers. |
| Contact: | Helene Gordon |
| Director: | Eugene Louis |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | DSS clients |
| Foreign Languages: | |
| Public Transportation: | |
| Other Information: | Volunteers are always needed. |
| Last Up-date: | 9/84 |

SAN FRANCISCO GENERAL HOSPITAL DENTAL CLINIC
1001 Potrero Avenue
San Francisco, CA 94110

821-8465

| | |
|---|---|
| Services & Description: | All aspects of oral and maxillofacial surgery, to include extractions and general dentistry, with the exception of dentures and gold work. |
| Contact: | Carol Thurman |
| Director: | Dr. Newton Gordon |
| Days and Hours: | Monday to Friday<br>9:00 to 11:00<br>1:00 to 4:00<br>(Except Tuesday morning)<br>Oral surgery clinic begins 9:00 a.m. |
| Eligibility: | |
| Income and Age: | All eligible |
| Fees: | Emergency treatment irrespective of eligibility. Fee schedule for third parties. |
| Area Served: | City and County of San Francisco |
| Other: | |
| Foreign Languages: | Interpreters available |
| Public Transportation: | |
| Other Information: | Hospital dental services are affiliated with the University of California, San Francisco, School of Dentistry. Diagnosis and treatment are performed by students, general practice residents, and oral and maxillofacial surgery residents under the instruction of the attending staff of the University of California, San Francisco. |
| Last Up-date: | 9/84 |

SAN FRANCISCO GOSPEL MISSION, INC.
219 6th Street (near Howard)
P.O. Box 946
San Francisco, CA 94101

495-7366

| | |
|---|---|
| Services & Description: | Emergency housing for men, 7 days per week (20 beds). First 20 men in line at 6:00 pm daily. Bed ticket good for 7 consecutive nights per month. Meals served 8:00 and 9:00 p.m. and breakfast to overnight guests. Chapel service daily. |
| Contact: | Mr. Knight |
| Director: | Carl E. Knight |
| Days and Hours: | 24-hour service<br>doors open at 6:00 p.m. |
| Eligibility: | |
| Income and Age: | No limit |
| Fees: | None |
| Area Served: | Skid Row San Francisco |
| Other: | Clothing issue at 6:15<br>Monday to Friday |
| Foreign Languages: | When available on staff |
| Public Transportation: | MUNI - 25, 33 |
| Other Information: | For beds, 6:00 p.m. daily.<br>2 worship services<br>7:00 and 8:10 p.m. every day. |
| Last Up-date: | 9/84 |

SAN FRANCISCO GROCERY EXPRESS

641-5400 Order desk

-5460 Administrative offices

Services & Description: All delivery grocery service serving both individuals and businesses. Offers over 3200 grocery products, including high-quality fresh produce, meats and fish, frozen foods, and health and beauty aids. Free catalog on request; each product has a number. The Grocery Express requests that you order using the number. (Except for the visually impaired)

Contact:

Director: John Philip Coghlan

Days and Hours:

Orders taken

| | | |
|---|---|---|
| Mon - Fri | 7:30 a.m. to | 7:30 p.m. |
| Saturday | 7:30 a.m. to | 6:00 p.m. |
| Sunday | 8:00 a.m. to | 1:00 p.m. |

Deliveries

| | | |
|---|---|---|
| Mon - Fri | 8:00 a.m. to | 10:00 p.m. |
| Saturday | 8:00 a.m. to | 8:00 p.m. |
| Sunday | 10:00 a.m. to | 6:00 p.m. |

Eligibility:

Income and Age:

Fees:

$25.00 minimum order
$20.00 for low-income seniors or handicapped

$3.25 delivery charge
$3.25 west of Twin Peaks

$1.00 less delivery charge for low-income seniors or handicapped.

Area Served: Serves San Francisco County except Portola, Excelsior, Visitacion Valley, Hunter's Point.

Other:

Foreign Languages:

Public Transportation:

Other Information: Also useful in conservatorship due to provision of itemized bill. Accepts cash, personal check (after check approval), VISA, MasterCard, and food stamps.

Last Up-date: 9/84

SAN FRANCISCO HEARING & SPEECH CENTER
1234 Divisadero Street
San Francisco, CA 94115

921-7658

| | |
|---|---|
| Services & Description: | Diagnostic and rehabilitative services for those with speech and hearing problems. |
| Contact: | Kay Hamel, Bus. Manager |
| Director: | Dr. Rayford Reddell |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale for cost of services; MediCare and MediCal |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Spanish, Italian, Yiddish, Sign language |
| Public Transportation: | MUNI - 24, 31 |
| Other Information: | MediCare does not pay for hearing aids or the testing for them. |
| Last Up-date: | 9/84 |

SAN FRANCISCO HEART ASSOCIATION
421 Powell Street, 4th Floor
San Francisco, CA 94102

433-2273

| | |
|---|---|
| Services & Description: | Research, education and community service. Goal is to prevent premature death and disability due to cardio-vascular dieseases. Nutrition counseling; stroke club, CPR training, Heart to Heart. |
| Contact: | |
| Director: | Michael Clinkenbeard |
| Days and Hours: | Monday to Friday<br>8:30 to 5:00 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Volunteers speak Spanish, Chinese, etc. |
| Public Transportation: | |
| Other Information: | Access for handicapped; volunteer opportunities. |
| Last Up-date: | 9/84 |

S.F. HOME HEALTH ADULT DAY HEALTH CARE
225 30th Street
San Francisco, CA 94131

285-5615

Services & Description: Provides therapeutic social & health services to people 55 and older or to adults with functional impairments, either physical or mental to restore or maintain optimal capacity for self-care and to avoid nursing home placement. Services include nursing and personal care; rehabilitation services; recreational activities, social services, hot noon meals, nutritional counseling, health education; transportation to and from center.

Who to Contact: Maxine Mallouf

Days and Hours: 10:00 to 3:30 p.m. week days

Eligibility:

Income and Age: 55 and over or adults with functional impairments, either physical or mental

Fees: MediCal, private insurance and ability to pay

Area Served: Mission, Noe, Eureka, Glen Park, Bernal, Potrero and Diamond

Other:

Foreign Languages Spoken: Spanish

Public Transportation:

Other Information: Parent organization
Visiting Nurse Association

Last Up-date:

SAN FRANCISCO LAWYERS' COMMITTEE FOR URBAN AFFAIRS
625 Market Street, #915
San Francisco, CA 94105

543-9444 (day)

| | |
|---|---|
| Services & Description: | Clinic for Civil Law problems; walk-in on Tuesday, 5:30-7:30 p.m. at 870 Market San Francisco, CA 94103. Clinic for Immigration and visa problems on Thursdays, 5:30 to 7:30 p.m.. Call for information and location. |
| Contact: | Eva Patterson, Legal Clinic Coordinator |
| Director: | Mark Aaronson |
| Days and Hours: | Tuesday, Thursday 5:30 to 7:30 p.m. |
| Eligibility: | |
| Income and Age: | Low income |
| Fees: | None |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Translators in Spanish and Oriental languages available at the various clinics. |
| Public Transportation: | MUNI - Market and Mission buses |
| Other Information: | Call for legal clinic locations available each week. |
| Last Up-date: | 9/84 |

SAN FRANCISCO MEDICAL SOCIETY
250 Masonic
San Francisco, CA 94118

567-6230

Services & Description: Referrals to private physicians. The service has information concerning the physicians' locations, specialties, foreign language fluency, acceptance of MediCal, availability to make house calls, etc. Whenever possible, 3 referrals are given.

Contact: Staff

Director: Susan Waters

Days and Hours: Monday to Friday 9:00 to 5:00

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation:

Other Information: Cross street is Turk.
S.F.M.S. will review written complaints and attempt to mediate between patient and physician. The review process takes 3-4 months.

Last Up-date: 9/84

SAN FRANCISCO MULTIPURPOSE SENIOR SERVICES PROGRAM - SFMSSP
2356 Sutter Street
San Francisco, CA 94115

885-7590

| | |
|---|---|
| Services & Description: | Uniform assessment and care plan, coordinated medical and social services to help prevent or delay institutionalization. Monthly monitoring of service to insure adequate and appropriate delivery of service. |
| Contact: | Terry Keith |
| Director: | Susan Garbuio |
| Days and Hours: | Monday to Friday<br>8:00 to 4:30 |
| Eligibility: | |
| Income and Age: | 65+, MediCal eligible |
| Fees: | None |
| Area Served: | All of San Francisco except North Beach and Chinatown |
| Other: | Certified at SNF/ICF level |
| Foreign Languages: | Japanese, Russian, and access to translators |
| Public Transportation: | MUNI - Sutter Street buses |
| Other Information: | Consortium Members:<br>Kimochi, Inc.<br>Laguna Honda Hospital<br>Mt. Zion Hospital & Medical Center<br>North of Market Senior Service Center<br>SF Senior Citizens<br>Western Addition Senior Center<br><br>To assist clients to remain in the community for as long as feasible. |
| Last Up-date: | 9/84 |

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION
870 Market Street, 11th Floor
San Francisco, CA 94102

433-2535

| | |
|---|---|
| Services & Description: | Domestic relations, landlord/tenant relations, welfare, Social Security. All others, call 433-2535. |
| Contact: | Intake staff |
| Director: | Hiram Smith |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Tagalog, Cantonese, Vietnamese |
| Public Transportation: | MUNI - Market street buses |
| Other Information: | |
| Last Up-date: | 9/84 |

SAN FRANCISCO PUBLIC GUARDIANS
1212 Market Street (Cross street is 8th Street)
San Francisco, CA 94102

558-4161

| | |
|---|---|
| Services & Description: | Acts as Conservator of the estate or as directed by the Probate Division of the Superior Court. Has limited control of person; functions most appropriately when some estate decisions are necessary. Conservator of person and estate (not conservator only of person). |
| Contact: | |
| Director: | Jim Scannell |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00<br>(Closed during noon hour) |
| Eligibility: | |
| Income and Age: | 18+ |
| Fees: | At the discretion of the Superior Court |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - all lines that pass 8th and Market streets. |
| Other Information: | |
| Last Up-date: | 9/84 |

SAN FRANCISCO RECREATION AND PARK DEPARTMENT
McLaren Lodge
Golden Gate Park
San Francisco, CA 94117

558-4952

| | |
|---|---|
| Services & Description: | Operates 18 Senior Centers in various parts of the city. These are listed in the index under "Senior Centers" and are checked in the columns on the right under "SF Park & Rec. Dept. Centers". Most are open 1 day each week, some more as noted. |
| Contact: | Al Levy<br>Recreation Supervisor |
| Director: | |
| Days and Hours: | As shown in index |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $9.00 annually |
| Area Served: | As listed |
| Other: | |
| Foreign Languages: | Chinese in Chinese Recreation Center<br>Japanese in Hamilton Senior Center |
| Public Transportation: | Majority have own transportation |
| Other Information: | |
| Last Up-date: | 9/84 |

SAN FRANCISCO REFUGEE HEALTH AGENCY
220 Golden Gate, 2nd Floor
San Francisco, CA 94102

673-8435

| | |
|---|---|
| Services & Description: | SF Refugee Health Agency is a federally funded Title XX program. A multilingual staff of health worker/interpreters provide language access to initial health screening, follow-up and specialty appointments. Provides information and referral and health education materials translated in the major refugee languages. |
| Contact: | Ron Rowell |
| Director: | Ron Rowell |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | No income or age limitation |
| Fees: | Service fee |
| Area Served: | San Francisco |
| Other: | All individuals having refugee status |
| Foreign Languages: | Vietnamese, Cantonese, Mandarin, Hmong, Mien, Lae, Khmer (Cambodian), Tieu-Chau, Ha Ka, Fukienese, French, Amharic, Tigregna and Polish |
| Public Transportation: | N/A |
| Other Information: | Some services to Employable refugees only |
| Last Up-date: | 9/84 |

SAN FRANCISCO ROOMMATE REFERRAL SERVICE
610 A Cole Street
San Francisco, CA 94117

626-0606 or

552-4990

Services & Description: We give you access to our list of over 200 vacancies in shared living situations for as long as you are actively looking for a place to live. If you have a room available to rent, you can list your place for free. (Our shares are usually in the 18-40 age group, but we do not discriminate on the basis of age.)

Contact: Staff

Director: Jeff Hannatt

Days and Hours: Monday to Friday
2:00 to 7:00
Saturday
12:00 to 7:00 p.m.; 10:00 to 7:00 p.m.

Eligibility:

Income and Age:

Fees: $12.00

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI - 7, 43, 71, 72

Other Information:

Last Up-date: 9/84

SAN FRANCISCO S.A.F.E., INC.
850 Bryant Street, Room 553
San Francisco, CA 94103

673-7233

| | |
|---|---|
| Services & Description: | Crime prevention education available through block club and merchants' organizations and business security survey. Presentations include personal safety, home safety and earthquake preparedness, Operation ID. |
| Contact: | |
| Director: | Gwen Dilworth-Battle |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | |
| Other: | Anyone eligible |
| Foreign Languages: | Translators can be made available for presentation. |
| Public Transportation: | MUNI - 19, 25, 30 Express |
| Other Information: | Accessible to wheechairs; ramp located at rear. |
| Last Up-date: | 9/84 |

SAN FRANCISCO SENIOR CENTER/AQUATIC PARK SENIOR CENTER
890 Beach Street
San Francisco, CA 94109

775-1866

771-2666 (T.T.Y.)

| | |
|---|---|
| Services & Description: | Multi-purpose senior center providing educational, recreational and social supportive services to its elderly participants. Program for the deaf. |
| Contact: | Betty McQuiston |
| Director: | David Newcomer |
| Days and Hours: | Monday to Friday<br>9:00 to 4:00<br>Sunday<br>11:00 to 3:00<br>Daily noon meal |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Donations.<br>(Optional membership - $1 per month/ $10 per year) |
| Area Served: | San Francisco<br>Surrounding area residents welcome |
| Other: | |
| Foreign Languages: | Spanish, Japanese, Cantonese<br>Sign Language |
| Public Transportation: | MUNI - 19 Polk, 30 Stockton<br>Paratransit Broker |
| Other Information: | Visiting professionals assist with Social Security, Income Tax Legal, Health Care, Nutritional Problems, Health Screening, Social Services, Individual and Group Counseling. |
| Last Up-date: | 9/84 |

SAN FRANCISCO SPCA HEARING DOG PROGRAM
2500 16th Street
San Francisco, CA 94103

621-2174

| | |
|---|---|
| Services & Description: | Provides hearing dogs to the hard of hearing. Dogs are unwanted animals from the shelter; they are obedience-trained, and can alert person to sound of phone, door bell, smoke detector, baby, prowler, ets. They are not guard dogs, but are useful companions. Person must also undergo training. |
| Contact: | Sibyl Seaton<br>Secretary |
| Director: | Ralph Dennard |
| Days and Hours: | Phone inquiry<br>Monday to Friday<br>8:30 to 5:00<br>Come in only by appointment |
| Eligibility: | |
| Income and Age: | No limits, except over 18 and having severe to profound hearing loss. |
| Fees: | None |
| Area Served: | |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI.- #22 Fillmore |
| Other Information: | Program is funded by private donations and foundations; no public funds used. |
| Last Up-date: | 9/84 |

SAN FRANCISCO STATE UNIVERSITY
Applied Gerontology Certificate Program
Extended Education
1600 Holloway Avenue
San Francisco, CA 94132

469-1684

Services & Description: 21-unit plan of study for people who plan to work with the aged. Consists of one required course and electives which may be taken evenings or weekends.

Contact: Marc Olmsted
469-1684
-1373

Director: Ms. Anabel O. Pelham, Ph.D.
Coordinator
469-1684
-1373

Days and Hours:

Eligibility:

Income and Age:

Fees: $55.00 per unit
$10.00 - application fee

Area Served:

Other: Must have at least 56 units of transferable college work. Related work or educational experience may be considered in place of this requirement.

Foreign Languages:

Public Transportation:

Other Information: Course work can be applied to BA or Master's Degree with advisor's approval.

Last Up-date: 9/84

SAN FRANCISCO SUICIDE PREVENTION, INC.
3940 Geary Blvd.
San Francisco, CA 94118

752-4866

Services & Description: Suicide and crisis intervention; friendship line for senior citizens; drug information and crisis information; mental health information and referral lines.

| | |
|---|---|
| Suicide: | 221-1423 |
| Friendship Line: | 752-3778 |
| Drug Line: | 752-3400 |
| Mental Health: | 387-5100 |

Contact: Mental Health TTY: 221-9174
Monday to Friday
9:00 to 5:00

Director: Ms. Dorothy Stapp

Days and Hours: 7 days a week
24 hours

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages: Spanish, Chinese, Tagalog, French, Cantonese (limited), Mandarin

Public Transportation:

Other Information: Speakers Bureau available to various organizations
Friendship Line - a telephone re-assurance program, volunteers are matched with elders who want to be called at home or visited.

Last Up-date: 9/84

SAN FRANCISCO TENANTS UNION
558 Capp Street
San Francisco, CA 94110

282-6622 Hot line

| | |
|---|---|
| Services & Description: | Hot line for tenants' problems. Organize tenants, provide workshops and counseling for anyone having housing problems. They are a membership organization. |
| Contact: | Staff |
| Director: | None - staff collective |
| Days and Hours: | Monday to Friday<br>10:00 to 5:00<br>Some evenings<br>Tape recorded message will provide current hours. |
| Eligibility: | |
| Income and Age: | |
| Fees: | None for advice. Low income membership - $10<br>For more than counseling, memberships encouraged; donations accepted. |
| Area Served: | Calls answered from anywhere in Bay Area, organize in San Francisco |
| Other: | |
| Foreign Languages: | Some Spanish |
| Public Transportation: | Location between 20th & 21st Streets one block east of Mission. |
| Other Information: | Sells a Tenants' Rights Handbook for $4 (85 pages, with chapters on landlording, renting, basics, repairs, deposits, etc.) $5.00 by mail. |
| Last Up-date: | 9/84 |

SCORE - Service Corps of Retired Executives
211 Main Street, 4th Floor (Cross street is Howard)
San Francisco, CA 94105

974-0599

| | |
|---|---|
| Services & Description: | Free counseling to small business owners, managers and those considering starting a business. |
| Contact: | SCORE Information desk |
| Director: | |
| Days and Hours: | Monday to Friday<br>10:00 to 2:00 |
| Eligibility: | |
| Income and Age: | No restrictions |
| Fees: | None |
| Area Served: | San Francisco and peninsula |
| Other: | |
| Foreign Languages: | Chinese, Hungarian, German, Korean |
| Public Transportation: | Mission & Market Street buses; BART; MUNI Metro (Embarcadero Station) |
| Other Information: | Sponsored by Small Business Administration. Appointments made at 10:00 a.m. ,11:00 a.m. and 1:00 p.m. Monday to Friday. |
| Last Up-date: | 9/84 |

SEER PROJECT
SENIORS ENRICHING EDUCATIONAL ROLES
(Component of the San Francisco School Volunteers)
135 Van Ness, Room 20-B
San Francisco, CA 94102

864-4230

-4229

| | |
|---|---|
| Services & Description: | Recruit and train people age 60 and over to work as tutors, crafts instructor, library assistants, etc. in San Francisco Public Schools (kindergarten 12th grade). Place older volunteers in work situations at local schools compatible with their skills and interests. |
| Who to Contact: | Eve Siegel or Claire Herzog |
| Director: | Eve Siegel |
| Days and Hours: | Monday to Friday<br>8:00 to 3:00 |
| Eligibility: | |
| Income and Age: | No income restrictions<br>Age 60 and over |
| Fees: | |
| Area Served: | City and County of San Francisco |
| Other: | Older people with general and specialized skills welcome |
| Foreign Languages: | Translators can be located, if necessary. Non English speaking volunteers can be placed in certain classes. |
| Public Transportation: | Volunteers are generally placed in schools near their homes (within walking or easy bussing distance) |
| Other Information: | SEER staff works with staff from senior agencies and schools to develop intergenerational programs that are mutually beneficial to older and younger people in San Francisco and the Greater Bay Area upon request. Conducts training workshops; provides technical assistance. |
| Last Up-date: | 9/84 |

SELF HELP FOR THE ELDERLY
640 Pine Street
San Francisco, CA 94108

982-9171

Services & Description: Social services and assistance with individual problems; inter-ethnic meals program and related support services at 9 sites; group activities, including social, educational, and recreational programs; housing assistance, training for housekeepers and home health aides; job placement; emergency in-home support services; drug abuse education and community planning.

Contact: Mrs. Lee K. Tang for social service;
Wai-Lam Mak - employment
Balkina Augusto - meals

Director: Anni Chung

Days and Hours: Monday to Friday
8:30 to 5:00
(some meal site, locations on weekends)
on-call Home Care only 24 hour service

Eligibility:

Income and Age: Low-income older Americans--except for meal programs which have no income requirements for 60+

Fees: None
Donations at meal sites

Area Served: San Francisco with emphasis on Chinatown and North Beach

Other:

Foreign Languages: Cantonese

Public Transportation: MUNI - #30, #55, California cable car

Other Information: Richmond Branch -
829 25th Avenue
751-3394
Mr. Lee
Open Saturday for meals
Monday to Friday for activities

Manila Town Senior Center
636 Clay Street
981-1190
Serving Filipino elderly 7 days a week

Last Up-date: 9/84

SENIOR ADVISORY GROUP
3150 California Street
San Francisco, CA 94115

922-4333

Services & Description: Will do paperwork, MediCare, Medi-Cal, insurance, bills, etc., on an hourly, daily or monthly basis. Mainly handles insurance billing. Provide year end medical totals.

Contact: Nancy L. Sholkin, Executive Director

Director:

Days and Hours: By appointment only
Generally Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age: No limits

Fees: Several Plans:

1. $15 per month for an individual for any number of claims to 2 carriers;
2. $15 per hour
3. For many claims long unattended; 15% of amount reimbursed;
4. $20 for initial interview (waived if referred by another agency).

Area Served: Bay Area

Other:

Foreign Languages: None

Public Transportation:

Other Information:

Last Up-date: 9/84

SENIOR COMPANION PROGRAM OF FAMILY SERVICE AGENCY OF SAN FRANCISCO
1010 Gough Street
San Francisco, CA 94109

474-7310

| | |
|---|---|
| Services & Description: | Employment opportunities for persons over 60 who are within the Federal poverty guidelines. 20 hours a week - 4 hours a day. Meal allowance. Three weeks sick leave; two weeks paid vacation. Transportation allowance and annual physical examination. Provide companionship to adults, frail elderly, who are homebound. |
| Who to Contact: | Mrs. Jean Parrott |
| Director: | Mrs. Jean Parrot |
| Days and Hours: | Monday through Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | Over 60 years of age<br>Low income and physically fit |
| Fees: | None |
| Area Served: | Greater San Francisco |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 31, 38, 47 |
| Other Information: | Not accessible to wheelchairs |
| Last Up-date: | 9/84 |

SENIOR DENTAL PROGRAM
(Part of California Dental Association)
450 Sutter Street, Room 840
San Francisco, CA 94108

986-5845

Services & Description: Refers seniors to dentists who will provide services at about 15% less than their standard fees. (The amount is left up to the individual dentist; 15% is the reduction suggested by the Dental Association) Home visits; accepts Medi-Cal.

Contact: Staff

Director:

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

- Income and Age: Fixed income, under $16,000 annually; over 65; no dental insurance
- Fees: 15% (approx.) reduction on standard fee
- Area Served: California
- Other: People not eligible for Medi-Cal

Foreign Languages:

Public Transportation: Sutter street coaches - 2, 3, 4, 45

Other Information:

Last Up-date: 9/84

SENIOR ESCORT OUTREACH PROGRAM OF SAN FRANCISCO
330 Ellis Street, #608
San Francisco, CA 94102

928-4422

Services & Description: Provides personal and group escorts to medical appointments, banks, social services, recreation, etc., via bus, van, walking or taxi vouchers; provides one-to-one and group crime prevention information and education; provides needed assessments; advocacy, telephone assurance, home visits, I&R, follow-up, special neighborhood projects in cooperation with Sr. Advisory Councils in each neighborhood, such as the Walking Patrol at 1280 Laguna Street.

Contact: Individual service sites or Central Administration

Director: Mark Forrester

Days and Hours: Monday to Friday 8:00 to 5:00

Eligibility:

- Income and Age: 55+ and living within project boundaries
- Fees:
- Area Served: San Francisco
- Other:

Foreign Languages: Spanish, Filipino, Chinese, Italian

Public Transportation:

Other Information: Sr. Advisory Councils in each neighborhood composed of senior residents 55+ (mostly clients). The Presidents of these Councils meet to form City-wide S.A.C. which advises the director on all program policy. This is a special program of the SF Police Department. PLEASE SEE LISTING OF SERVICE SITES.

Last Up-date: 9/84

SENIOR ESCORT OUTREACH PROGRAM OF SAN FRANCISCO
(Cont.)

| | |
|---|---|
| ADMINISTRATIVE OFFICE | 330 Ellis Street<br>San Francisco, CA 94102<br>928-4422 |
| BAYVIEW-HUNTERS POINT | 1535 Newcomb Avenue<br>San Francisco, CA 94124<br>Eugene Lumpkin<br>295-2500 |
| CHINATOWN-NORTH BEACH | 640 Pine Street<br>San Francisco, CA 94108<br>Louella "Lou" Leon, NC<br>391-5686 |
| MISSION DISTRICT | 2522 Mission Street<br>San Francisco, CA 94110<br>Raoul Moreno<br>824-7550 |
| NORTH OF MARKET<br>(Tenderloin) | 330 Ellis Street<br>San Francisco, CA 94102<br>Emile de Gusman<br>673-8600 |
| POTRERO HILL | 1060 Tennessee<br>San Francisco, CA 94107<br>Alberta Jackson<br>648-3743 |
| SOUTH OF MARKET | 957 Mission Street<br>San Francisco, CA 94103<br>Vince Reyes<br>777-1204 |
| WESTERN ADDITION | 1240 Fillmore Street, Room 203<br>San Francisco, CA 94115<br>Barbara Johnson<br>931-2350 |
| WESTERN ADDITION WALKING PATROL<br>10:00 to 6:00 | 1280 Laguna Street<br>San Francisco, CA 94115<br>Herman Dowell, Dispatcher<br>922-6807 |

SENIOR HEALTH SCREENING AND REFERRAL
MOUNT ZION HOSPITAL AND MEDICAL CENTER
1600 Divisadero Street
San Francisco, CA 94115

885-7592

| | |
|---|---|
| Services & Description: | Physical examination, lab work, psycho-social assessment, dental and hearing testing. Medical and social service referrals and follow-up for identified areas of need. |
| Contact: | Anya Schratz<br>Coordinator |
| Director: | Dr. Harold Brownstein<br>Ms. Barbara Sklar |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+, and have not seen physician for one year or more |
| Fees: | None |
| Area Served: | San Francisco preferred but Bay Area accepted |
| Other: | |
| Foreign Languages: | Arrangements made for interpreters, transportation |
| Public Transportation: | MUNI - 1, 2, 22, 24, 38, 42, 55 |
| Other Information: | |
| Last Up-date: | 9/83 |

SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION PROGRAM
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
1182 Market Street, #211
San Francisco, CA 94102

626-1033

| | |
|---|---|
| Services & Description: | Provides thorough and accurate information and referral to available resources in the community that will solve a wide range of social or health problems<br>Provides Gold Cards to seniors over 60 years of age.<br>Provides MUNI ID's to seniors over 65 years of age. |
| Contact: | Staff |
| Director: | Mary Theresa Dowling |
| Days and Hours: | Monday to Friday<br>8:00 to 5:00<br>24-hour phone coverage |
| Eligibility: | |
| Income and Age: | None |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Tagalog, Spanish, Cantonese, German |
| Public Transportation: | All Market Street lines |
| Other Information: | |
| Last Update: | 9/84 |

SENIOR RESOURCES
162 Hickory St.
San Francisco, CA 94102

626-1638

| | |
|---|---|
| Services & Description: | A program of outreach to persons over 60, designed to strengthen the senior's resources. The program is service-based to assist individuals in utilizing services and to monitor same to assure that they receive the quality of services needed. |
| Contact: | Outreach staff |
| Director: | John Ferguson, M.S.W. |
| Days and Hours: | Monday to Friday<br>8:00 to 4:30 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | None |
| Area Served: | San Francisco and Alameda Counties |
| Other: | |
| Foreign Languages: | Some Spanish |
| Public Transportation: | #21, 7, 8, 71, J, K, L, M, N |
| Other Information: | Operate Seniors' Food Coop;<br>offer health insurance counseling |
| Last Up-date: | 9/84. |

SENIORS EAGER FOR ACTIVE LIVES (SEALS)
Mount Zion Hospital & Medical Center
P.O. Box 7921
San Francisco, CA 94120

885-7353

Services & Description: A group of volunteers who serve as a support group for Mt. Zion's geriatric services. Through fund raising, legislative advocacy, educational programs and volunteer services, it assists the expansion of those services, including the Ruth Ann Rosenberg Adult Day Health Center, Home Care, Social Day Care, In-Home Art and Recreation, Senior Health Screening, training in Geriatric medicine, I&R and research in long term care.

Contact: Mrs. Samuel/Louise Oser
Chairperson

Director:

Days and Hours: Group meets monthly
Call for details

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information: Have provided a Lifeline System at Mt. Zion.

Last Up-date: 9/84

SERVICES FOR SENIORS, INC.
1500 Laguna Street
San Francisco, CA 94115

922-5438

Services & Description:

1. Provides hot, low-cost meals for three senior centers and low-income senior residences on weekdays
2. Provides low-cost lunches on weekends
3. Develops group and individual support service programs in low-income senior residences.
4. Administers neighborhood center for seniors and handicapped adults at 711 Eddy Street.
   Monday to Friday - 10:00 to 2:00
   Saturday - 11:00 to 2:00
   Other hours as needed.
   Light breakfast available Monday to Friday at moderate cost. Saturday lunch minimal cost. Provides opportunities for socialization, recreational and educational activities.
5. Outreach services to neighborhood around 711 Eddy .

Contact: Joan Reichert
Supportive Services
Coordinator

Director: Stephen Graham

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served: Outer Tenderloin

Other:

Foreign Languages:

Public Transportation:

Other Information: Friendship Center
711 Eddy Street
776-0114
Downtown Senior Center
Aquatic Park
Telegraph Hill

Last Up-date: 9/84

SETON MEDICAL CENTER
1900 Sullivan Avenue
Daly City, CA 94015

991-6660

| | |
|---|---|
| Services & Description: | 21 - 28 day in-patient program; Detox; Education-Therapy-Family Counseling/Education; Medical Supervision; Aftercare program, individual & family; Alumni group; Intervention Classes. |
| Who to Contact: | Staff |
| Director: | Donn Blount |
| Days and Hours: | 7 days, 24 hours |
| Eligibility: | |
| Income and Age: | 18+ |
| Fees: | (No MediCal) MediCare, Private Insurance, Private pay. |
| Area Served: | San Francisco Bay Area |
| Other: | |
| Foreign Languages: | Some interpretation can be arranged for Spanish Speaking. |
| Public Transportation: | Cross Street is South Gate and East Moor MUNI & BART |
| Other Information: | Many Community Education Health Classes call: 991-6660 |
| Last Up-date: | 9/84 |

SHERIFF'S EVICTEE ASSISTANCE PROJECT (Community Relation)
SENIOR HOUSING PROJECT
Room 333, City Hall
San Francisco, CA 94102

929-0331

| | |
|---|---|
| Services & Description: | Project sponsored by sheriff's office to provide information and referral to elderly, disabled and handicapped persons facing eviction. Staffed by Community Workers. |
| Contact: | Sgt. Frank Hutchins<br>Project Director |
| Director: | Sheriff Michael Hennessey |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Mandarin, Cantonese, Japanese, Tagalog, Spanish, Taiwanese |
| Public Transportation: | |
| Other Information: | No transportation provided to clients except on Eviction Day. |
| Last Up-date: | 9/84 |

SISTER MARY PHILLIPA MEMORIAL CLINIC
OF ST. MARY'S HOSPITAL
2235 Hayes Street, 5th Floor
San Francisco, CA 94117

750-5500

| | |
|---|---|
| Services & Description: | Comprehensive health care, including dental eye and foot clinics.<br><br>Also obstetrics and pediatrics, arthritis, chest, ear, nose and throat, orthopedic, endodiabetics, neurology, neurthology, urology, allergy, colo-rectal, reg. surgery, etc. |
| Contact: | Clinic Registration<br>9:00 to 2:00 |
| Director: | Dr. Raymond L. Weisberg |
| Days and Hours: | Monday to Friday<br>8:30 to 4:00 p.m.<br>In an emergency or during non-clinic hours, use hospital emergency room: 668-1000 |
| Eligibility: | |
| Income and Age: | Screened by Clinic Registration<br>No age limit |
| Fees: | Sliding scale; call for rates |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Spanish, Vietnamese, Cambodian, Laotian, Japanese, Cantonese. |
| Public Transportation: | MUNI - 5, 21 |
| Other Information: | Assistance with referral to transportation service, if required. |
| Last Up-date: | 9/84 |

SOUTHEAST HEALTH CENTER
2401 Keith Street
San Francisco, CA 94124

822-2850

| | |
|---|---|
| Services & Description: | Screening, health care |
| Contact: | Receptionist or staff member |
| Director: | Ms. Gladys Jones, R.N.<br>Center Director<br><br>Eric Goosby, M.D.<br>Medical Director |
| Days and Hours: | Monday, Tuesday, Wednesday, Friday<br>8:30 to 5:30<br>Thursday<br>8:30 to 7:00 |
| Eligibility: | |
| Income and Age: | |
| Fees: | Sliding scale<br>MediCare and MediCal |
| Area Served: | Bayview, Hunter's Point, Visitacion Valley (mainly) |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 15 Kearny<br>Cross street is Yosemite |
| Other Information: | |
| Last Update: | 9/84 |

SOUTH OF MARKET HEALTH CLINIC
551 Minna Street
San Francisco, CA 94103

626-2951

Services & Description: General health, dental; screening for hearing; podiatry; physical examinations.

Contact: Staff

Director: Dr. Shirley Cachola

Days and Hours: Monday to Wednesday
8:00 to 7:00
Tuesday & Friday
8:00 to 5:00
Thursday
8:00 to 1:00
Drop in hours - 8:00 to 10:00 a.m.
1:00 to 2:00 p.m.
everyday except Thursday
(a.m. only)

Eligibility:

Income and Age: all ages

Fees: Sliding scale; MediCal, MediCare and private insurance

Area Served: San Francisco

Other:

Foreign Languages: Spanish, Tagalog, Cantonese, Mandarin

Public Transportation: MUNI - Market or Mission buses

Other Information: Satellite clinic of San Francisco General

Last Up-date: 9/84

SPECIAL AUDIENCES, INC. (S.A.)
1182 Market St., #311
San Francisco, CA 94102

552-3505

Services & Description: Provides access to the performing arts for seniors (and others in the social service community). Serves as a ticket clearing-house, distributing free tickets to agencies that pay an annual membership fee. Tickets range from the San Francisco Ballet to the Renaissance Faire to sporting events.

Contact:

Coordinator: Mary Beth Kavanaugh

Days and Hours: Monday to Friday
9:30 to 12:30

Eligibility:

Income and Age: Seniors and members of social service, rehabilitative & therapeutic communities; must be a group--no individuals

Fees: $300.00 (annual)

Area Served:

Other:

Foreign Languages:

Public Transportation: Provides no transportation

Other Information:

Last Up-date: 9/84

SPRING GARDENS
70 Oak Street
San Francisco, CA 94102

552-5545

| | |
|---|---|
| Services & Description: | Multi-purpose center for adults. Full program of activities, including swimming, exercise, language classes, needlework, bridge, crafts, etc. Peer counseling, tea dances, mini-lunch ($.50) on Mondays and Fridays. Social activities, games. Blood pressure monitoring. Theater class, drama group. |
| Contact: | Staff |
| Director: | Gerry Eagan |
| Days and Hours: | Monday to Friday<br>10:00 to 3:00 |
| Eligibility: | |
| Income and Age: | Anyone over 45 |
| Fees: | Membership dues - $5.00/year |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | Near Market and Van Ness; convenient to several MUNI lines #47, 49, 42. |
| Other Information: | Call for monthly calendar and specific information. |
| Last Up-date: | 9/84 |

SRX - SENIORS MEDICATION EDUCATION PROGRAM
1182 Market Street, Room 204
San Francisco, CA 94102

558-3767

| | |
|---|---|
| Services & Description: | A health program focused on reducing and preventing drug misuse and abuse among the elderly. Services include direct senior consumer education through community pharmacies and formal classes, development of patient education materials, and training of professional and paraprofessional service providers. Research and advocacy activities conducted. |
| Contact: | Ms. Kathy Eng<br>Ms. Buffy Bunting |
| Director: | Ms. Kathryn Eng |
| Days and Hours: | Monday to Thrusday<br>8:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 55 years and older |
| Fees: | Fixed fee |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Chinese, Mandarin and Cantonese |
| Public Transportation: | |
| Other Information: | SRX is a program of the San Francisco Department of Public Health |
| Last Up-date: | 9/84 |

STATE DEPARTMENT OF MENTAL HEALTH
Office of Mental Health Social Services
3330 Geary Blvd.
San Francisco, CA 94118

752-6533

Services & Description: Provides LPS Conservatorship Investigation services for all SF residents deemed gravely disabled, and case management services for all SF Conservatees in community placement and/or independent living. Liaison with state hospital system and placement into community-based facilities within and outside San Francisco.

Contact: Office Supervisor or on-duty staff member

Director: Ann Gray

Days and Hours: Monday to Friday
8:00 to 5:00

Eligibility:

Income and Age: No one excluded but services are focused on clients unable to purchase services privately.
No age restrictions.

Fees:

Area Served: San Francisco County and out-of-county facilities utilized for San Francisco residents.

Other:

Foreign Languages: Spanish, French, Chinese, Arabic

Public Transportation: MUNI - 38

Other Information: No specific senior program, but services provided as appropriate without age consideration. Publicly funded agency which works in collaboration with San Francisco Community Mental Health Services on behalf of the mentally disabled of all ages.

Last Up-date: 9/84

SUBSTANCE ABUSE TREATMENT PROGRAM
VA Medical Center
4150 Clement Street
San Francisco, CA 94121

750-2050

Services & Description: Program consists of 4 different units:

1. Satellite Outpatient Clinic
   Polydrug abuse oriented; uses methadone maintenance for opiate-addicted clients. Also alcohol component to treatment.
   750-2050
2. Alcohol Outpatient Clinic (Bldg. 8)
   Treatment of outpatient alcoholics only.
   221-4810 Ext. 2350
3. Inpatient Alcohol Program (AIU)
   28-day inpatient, family-oriented approach to treatment.
   221-4810 Ext. 2075
4. Detox Unit
   4-bed inpatient detox unit for alcohol detoxification. Separate from inpatient unit.
   221-4810 Ext. 2052 Ward A.

Contact: Staff

Director:

Days and Hours: Monday to Friday 8:00 to 4:30
Call for info. Hours depend on patient's program.

Eligibility:

Income and Age: None

Fees: None

Area Served: San Francisco and nearby Bay Area communities

Other: Must be veteran of US Armed Forces.
No dishonorable discharge.

Foreign Languages:

Public Transportation: #18 Sloat northbound, 38 Geary (Ft. Miley) westbound. Cross streets - Clement & 42nd

Other Information:

Last Up-date: 9/84

SUNSET COMMUNITY EDUCATION CENTER
3151 Ortega Street
San Francisco, CA 94122

566-3800

| | |
|---|---|
| Services & Description: | Senior Lunch Program - Monday to Friday. Adult classes, exercise, Nutrition education, Health screening, entertainment, dancing, Evening Community and City College classes. |
| Who to Contact: | Ed Lewis<br>Site Manager |
| Director: | Ed Gundason |
| Days and Hours: | Monday to Friday<br>9:30 to 3:30 |
| Eligibility: | |
| Income and Age: | 60+ for lunch program |
| Fees: | $1.00 suggested donation |
| Area Served: | Sunset, Parkside, Richmond, Haight |
| Other: | |
| Foreign Languages Spoken: | Chinese |
| Public Transportation: | 2 bus lines - #29 & #71<br>1 block away |
| Other Information: | |
| Last Up-date: | 9/84 |

SUPPORT SERVICES FOR ELDERS, INC.
50 Oak Street
San Francisco, CA 94102

552-6776

| | |
|---|---|
| Services & Description: | Provides full range of protective services for case management to fiscal management for those over 60 with no family to assist them. Designed to fill gaps in existing services without duplication; dedicated to providing least restrictive services possible. Will become conservator of person and/or estate as a last resort, if necessary. |
| Contact: | Staff |
| Director: | Mr. Jack B. McKay |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Fixed Fee<br>Limited Free service |
| Area Served: | San Francisco served |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | |
| Other Information: | Clients are referred by member agencies; however, membership is open to all agencies serving seniors. Membership requirement is representation on Technical Advisory Council and on a committee. |
| Last Up-date: | 9/84 |

TELEGRAPH HILL NEIGHBORHOOD ASSOCIATION
660 Lombard Street
San Francisco, CA 94133

421-6443

| | |
|---|---|
| Services & Description: | Neighborhood center with medical clinic, child care and family preschool; gymnasium with youth programs. Lunch program is Monday to Friday with social and support services daily. |
| Contact: | Ms. Hope Hilikias<br>Seniors' Program - Director |
| Director: | Ms. Denise Hinkle<br>Executive Director |
| Days and Hours: | Monday to Friday<br>9:00 a.m. to 5:00 p.m.<br>Seniors' Program - 9:00 to 2:00 or later |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 suggested donation for meals |
| Area Served: | North Beach, ChinaTown |
| Other: | |
| Foreign Languages: | Chinese, Italian |
| Public Transportation: | MUNI - 30, 15, 39, cable cars |
| Other Information: | |
| Last Up-date: | 9/84 |

TEMPORARIES, INC.
44 Montgomery Street
San Francisco, CA 94104

956-0600

| | |
|---|---|
| Services & Description: | Office skills, secretary/typist, clerical. Must have typing skills. |
| Who to Contact: | Peter McArdle |
| Director: | |
| Days and Hours: | 8:00 a.m. to 5:00 p.m. |
| Eligibility: | |
| Income and Age: | |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages Spoken: | |
| Public Transportation: | MUNI.- Market Street Buses<br>BART |
| Other Information: | Temporaries Food for Christmas Foundation - a non profit organization, to obtain canned goods for needy citizens. Proceeds go to San Francisco Food Bank and Home Health Hospice. |
| Last Up-date: | 9/84 |

TEMPS AMERICA
44 Montgomery Street, Suite 2716
San Francisco, CA 94104

986-7787

| | |
|---|---|
| Services & Description: | Temporary employment service; employ people of all ages, although committed to the employment of seniors. Primarily secretarial word processing and general clerical skills. |
| Contact: | Crystal Morriss |
| Director: | |
| Days and Hours: | Monday to Friday<br>9:00 to 3:00 p.m. |
| Eligibility: | |
| Income and Age: | Over 18 |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - Market street buses<br>BART |
| Other Information: | Applicants should plan to spend 1-2 hours in office when applying. |
| Last Up-date: | 9/84 |

TRAVELERS' AID SOCIETY OF SAN FRANCISCO
38 Mason Street
San Francisco, CA 94102

P.O. BOX 230 (Mailing Address)
San Francisco, CA 94101
781-6738

Services & Description: Short-term counseling; crisis intervention; limited financial assistance; help in locating shelter or employment; food and referral to other public or private agencies.

Service limited to 24 direct service contacts per day. When this limit has been reached, office will be closed.

Contact: Social work staff

Director: Mr. Richard Park

Days and Hours: Monday to Friday
9:00 to 4:00
Closed 12:00 noon to 1:00 p.m.

Eligibility:

Income and Age: Anyone newly arrived in San Francisco within 45 days

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Spanish

Public Transportation: MUNI - Market Street buses

Other Information: No access for handicapped except for one flight of stairs. Social workers will give services on main floor entry for those unable to climb stairs. Sign on door indicates this. Client must ring bell and request this on intercom.

Last Update: 9/84

UNITED OSTOMY ASSOCIATION
Golden Gate Chapter
10 Lupine Ave. #23
San Francisco, CA 94118

776-3004 (Answering service at Cancer Society)
386-8125

Services & Description:

1. Help pre-op and post-op patients
2. Support for patients with ostomy surgery
3. Education
4. Selection of appliance
5. Visitors who are trained and certified

Contact: Barbara Thomas

Director: Barbara Thomas

Days and Hours: 9:00 to 5:00
7 days a week

Eligibility:

Income and Age:

Fees: Annual membership dues

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information:

Last Up-date: 9/84

UNITED WAY INFORMATION AND REFERRAL
410 Bush Street
San Francisco, CA 94108

772-4444

-4440 (For the Deaf)

Services & Description: General Information and Referral providing assistance to those in need of social services or information about community organizations. Follow-up calls are made to client to see if they have been helped. All information confidential. Requests from other agencies, doctors, ministers, teachers, social workers, etc., are also welcome.

Contact: Anyone on duty

Director: Ms. Sidney Pucek

Days and Hours: Monday to Friday
9:00 to 4:30

Eligibility:

Income and Age: No limitations

Fees: None

Area Served: 5 Counties -
San Francisco, San Mateo, Marin, Contra Costa, and Alameda.
Toll calls accepted

Other:

Foreign Languages: Spanish

Public Transportation:

Other Information: Utilizes volunteers for resource updating and information/referral phone work.

Last Up-date: 9/84

UNIVERSITY OF CALIFORNIA SCHOOL OF DENTISTRY
707 Parnassus
San Francisco, CA 94143

666-1778

Services & Description: Complete dental care available for all senior citizens. Treatment is done by students and supervised by their instructors. Excellent but slow! Emergency services also available.

Contact: Staff for screening/examination/appointments for determination of acceptability for teaching case.

Director: Dean J. Greene

Days and Hours: Monday to Friday
Clinic:
9:00 to 12:00 p.m.
2:00 to 5:00
Emergency:
9:00 to 12:00 p.m.
1:00 to 4:30

Eligibility:

Income and Age: No restrictions

Fees: 1/3 to 1/2 less than practicing dentists

Area Served: Bay Area

Other:

Foreign Languages: Spanish, Mandarin, Cantonese, Japanese, Tagalog, Vietnamese

Public Transportation: MUNI: 6, 43, 66, Judah Street Car.

Other Information: Emergency care on drop-in basis. If seniors come in the morning, they have a better chance of being seen.

Emergency - 666-5811
Satellite - 1001 Potrero Ave. Bldg. 20
666-5692
Aldonia Williams Stevenson

Last Update: 9/84

UNIVERSITY OF CALIFORNIA SCHOOL OF DENTISTRY
1001 Potrero Avenue Bldg. 20
(San Francisco General)
San Francisco, CA 94110

666-5692

Services & Description: Provides comprehensive dental care, including fillings, dentures, bridges, root canals, minor perio and ortho treatment, dental hygiene and education.

Who to Contact:

Director: Aldonia Wms.-Stevenson

Days and Hours: Weekdays
9:00 to 4:00 p.m.

Eligibility:

Income and Age: Private insurance, credit cards
Bank of America/Mastercard

Fees:

Area Served:

Other:

Foreign Languages Spoken: Spanish, Tagalog, Vietnamese

Public Transportation:

Other Information:

Last Up-date: 9/84

UNIVERSITY OF PACIFIC SCHOOL OF DENTISTRY
2155 Webster Street
San Francisco, CA 94115

929-6500

| | |
|---|---|
| Services & Description: | Dental services for seniors. Comprehensive dental care for senior citizens, including emergency service. Patient screening program. |
| Contact: | Staff |
| Director: | Robert Christofferson, DDS |
| Days and Hours: | Monday to Friday<br>8:30 to 5:30 |
| Eligibility: | |
| Income and Age: | None |
| Fees: | General fees are 1/3 to 1/2 less than practicing dentists in San Francisco. 25% discount on dentures and partial plates. |
| Area Served: | Bay Area |
| Other: | |
| Foreign Languages: | Chinese, Spanish, German, French, Mandarin and Cantonese, Japanese. |
| Public Transportation: | MUNI - 1, 3, 22 |
| Other Information: | Clinic closes every ten weeks for 3-week examination and vacation period. Call information number for times clinic closes.<br>Emergency Time: 8:30 a.m. & 1:30 p.m.<br>First come first served basis. |
| Last Up-date: | 9/84 |

UPJOHN HEALTHCARE SERVICE
(Home Health Agency)
632 Taraval Street
San Francisco, CA 94116

665-8881

Services & Description: Full service, licensed and certified home health agency providing skilled nurses, home health aides, physical therapy, medical social work, dietician all per doctor's order. Referrals may be made by patient, family friend, hospital, MD's, agencies, etc. Medical equipment and Nursing supplies to rent.

Who to Contact: Ms. Jane Walter-Rich

Director: Ms. Jane Walter-Rich

Days and Hours: 7 days a week
8:00 to 5:00
24-hr answering service

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco, San Mateo and East Bay

Other:

Foreign Languages Spoken: Chinese, Spanish, French, Vietnamese

Public Transportation:

Other Information: Fees given upon request ; will bill any third party such as VA, insurance, Medi-Cal or MediCare.

Last Up-date: 9/84

VENTURES IN NEW HORIZONS
1668 Bush Street
San Francisco, CA 94109

567-0880

Services & Description:

1. Information and referral
2. Consultation
3. Home Visiting
4. Telephone contact
5. Pre-treatment and Post-treatment counseling
6. Mutual support groups
7. Volunteer program
8. Education and presentation
9. Staff training

Contact: Ms. Jennifer Bolton

Director: Mr. Arthur Colton

Days and Hours: Monday to friday
9:00 to 5:00

Eligibility:

Income and Age: 55+

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: French

Public Transportation: MUNI - 1, 8, 45, 47

Other Information: Program of the American Association Against Addiction for the older person with alcohol-related problems, the illness of alcoholism, or problems related to legal drug use in the Bay Area.

Last Up-date: 9/84

VETERANS ADMINISTRATION
211 Main Street
San Francisco, CA 94105

974-0304 (employment)

495-8900 (information)

Services & Description:

Employment -
Job listings, counseling.
Contact: Davis Lee, 974-7785
(This is a State of California office, which uses space at the VA)

Veterans Benefits Counselors provide personal and telephone assistance to veterans and their dependents in obtaining benefits.

Contact:

Staff
For telephone counseling: 495-8900
(From San Francisco)

Director:

Days and Hours:

Employment
Monday to friday
8:00 to 3:30
Personal Interviewing Unit
Monday to Friday
8:00 to 4:00
Telephone Interviewing Unit
Monday to Friday
7:30 to 4:00

Eligibility:

Income and Age: Veterans served

Fees: None

Area Served:

Other:

Foreign Languages: Counselors speak Chinese and Spanish

Public Transportation: MUNI - on Mission street

Other Information:

Last Up-date: 9/84

VETERANS ADMINISTRATION MEDICAL CENTER
4150 Clement Street
San Francisco, CA 94121

221-4810

750-2015

| | |
|---|---|
| Services & Description: | Medical services for veterans |
| Contact: | Medical Administration<br>221-4810 Ext. 475 |
| Director: | Laurence V. Foye, M.D. |
| Days and Hours: | 24 hours a day |
| Eligibility: | |
| Income and Age: | |
| Fees: | |
| Area Served: | San Francisco |
| Other: | Must be a veteran of US Armed Forces |
| Foreign Languages: | |
| Public Transportation: | Low-income outpatients with written appointments may, upon request, receive tokens or vouchers for public transportation on MUNI or BART. This is not advertised and must be requested from travel clerk. 38 Geary - Ft. Miley if eligible. |
| Other Information: | |
| Last Update: | 9/84 |

VISITACION VALLEY SENIOR CENTER
66 Raymond Avenue
San Francisco, CA 94134

467-6400

| | |
|---|---|
| Services & Description: | Multipurpose senior center; arts and crafts, ceramics, bingo twice a month; blood pressure check once a month; health day with Health Center #3 once a month; lunch 7 days a week, plus activities; Saturday morning arts and crafts. |
| Contact: | Ms. Julia A. Kavanaugh |
| Director: | Ms. Julia A. Kavanaugh |
| Days and Hours: | Monday to Friday<br>9:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 60 and over for lunch<br>55 for activities other than lunch |
| Fees: | None<br>Lunch is $1.00 donations |
| Area Served: | Visitacion Valley and suurounding area |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 15, 25, 30 |
| Other Information: | Trips, parties, sewing class, exercise and piano. |
| Last Up-date: | 9/84 |

VISITING NURSE ASSOCIATION OF SAN FRANCISCO
401 Duboce Avenue
San Francisco, CA 94117

861-8705

Services & Description: Home Health care including nursing with specialized care for respiratory and terminal care patients, physical therapy, occupational therapy, social work, speech therapy, home health aide, hospital discharge coordination.

In addition, hospice, ostomy, IV therapy and nutrition services available.

Contact: Intake clerk

Director: Louise D. Heyneman, Exec. Dir.

Days and Hours: 7 days
8:00 to 4:30 plus 24-hour answering service for clients

Eligibility:

Income and Age:

Fees: Fees for service are based on actual cost. Certified as a provider by MediCare and Medi-Cal, the VNA bills these payers and private insurance companies directly if patients are qualified. Patients may pay part or all of the fee depending on their ability, or part or all of the fee may be covered by voluntary contributions.

Area Served: San Francisco

Other: Requires treatment plan signed by physician

Foreign Languages: Chinese, Spanish

Public Transportation:

Other Information: VNA Home Care provides nursing therapy, Home Health Aide, Homemaker. Adult Day Health Care, Hospice and Meals on wheels are available by calling 861-8705.

Last Up-date: 9/84

VNA of San Francisco Multipurpose Senior Center
225 - 30th Street
San Francisco, CA 94131

285-5615

Services & Description: Provides recreational, supportive, health and counseling services for the seniors. A nutritional program serves over 200 meals in the center every day of the year, as well as delivering meals to 7 other sites and to the homes of homebound seniors. Educational courses some with Community college are offered, also field trips are offered.

Who to Contact:

Director: Marion Hewitt

Days and Hours: Weekdays
8:00 4:30 p.m.
Weekends
8:00 to 4:30 p.m.

Eligibility:

Income and Age: 60+

Fees: Fixed Fee

Area Served: Mission, Noe, Eureka, Glen, Bernal, Potrero

Other:

Foreign Languages:

Public Transportation: J Church

Other Information: San Francisco Adult Day Health Care Center is at the same address.

Last Up-date: 9/84

VOLUNTEER CENTER OF SAN FRANCISCO
1090 Sansome Street
San Francisco, CA 94111

982-8999

| | |
|---|---|
| Services & Description: | Recruits, refers, and places volunteers in community programs, helps agencies involve volunteers in worthwhile activities, considering the volunteer's skills and motivation, promote volunteerism and recognize volunteer contribution. |
| Contact: | Staff |
| Director: | Mary A. Culp |
| Days and Hours: | Monday to Friday<br>8:30 to 4:30 |
| Eligibility: | |
| Income and Age: | Teenage through elderly; all income levels |
| Fees: | None |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - to Green and Sansome |
| Other Information: | |
| Last Up-date: | 9/84 |

VOLUNTEER PROGRAM
SAN FRANCISCO GENERAL HOSPITAL
1001 Potrero Avenue
San Francisco, CA 94110

821-8193

Services & Description: Variety of volunteer opportunities: working in gift shops, at information desks, distributing clothing to patients, working in pediatrics, doing clerical work. Whatever is needed.

Contact: Laura Bundensen

Director: Ms. Phyllis Cardoza

Days and Hours: Depends upon program

Eligibility:

Income and Age: Anyone interested and able is welcome

Fees:

Area Served:

Other:

Foreign Languages:

Public Transportation:

Other Information:

Last Up-date: 9/84

WESTERN ADDITION SENIOR CENTER
1390 - 1/2 Turk Street
San Francisco, CA 94115

921-7805

| | |
|---|---|
| Services & Description: | Lunches served daily<br>11:30 to 1:30<br>Mini-market on Wednesdays<br>10:00 to 11:30<br>Recreational activiites. |
| Contact: | Ms. Dorothy Kerr |
| Director: | Mr. Frederick D. Hubbard |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | Suggested donation, $1.00 |
| Area Served: | Primarily Western Addition but any senior may have lunch at our center |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 5,22,31 |
| Other Information: | Weekends and Holidays<br>12:00 to 2:00 p.m. at<br>El Bethel Arms<br>1234 McAllister Street |
| Last Update: | 9/84 |

WESTERN GERONTOLOGICAL SOCIETY
833 Market Street, Room 516
San Francisco, CA 94103

543-2617

Services & Description: A national non-profit organization of professionals in gerontology.

1. Generations - quarterly publication focusing on research, policy and programmatic developments specific to aging.
2. The WGS Connection bi-monthly newsletter
3. WGS Answers-Clearinghouse Service
4. WGS Job Alert
5. Annual Meeting
6. Training Institutes

Who to Contact: Staff

Director: Gloria Cavanaugh

Days and Hours: Monday to Friday
9:00 to 5:00

Eligibility:

Income and Age:

Fees:

| | |
|---|---|
| Dues for Individual: | $60.00 |
| Organizations: | $135.00 |
| Retired: | $15.00 |
| Student: | $25.00 |

Area Served: USA

Other:

Foreign Languages:

Public Transportation: MUNI - Market street (between 4th & 5th Sts.)

Other Information:

Last Up-date: 9/84

W.O.M.A.N., INC. - WOMEN ORGANIZED TO MAKE ABUSE NONEXISTENT
2940 16th Street
San Francisco, CA 94103

864-4777 (business)
-4722 (crisis)

| | |
|---|---|
| Services & Description: | We are an agency serving women of all ages who are victims of domestic violence. Crisis intervention, advocacy, long-term support, help in obtaining court-ordered protection, referrals. |
| Contact: | Ms. Nettie Chapko, Older Adult Outreach Coordinator |
| Director: | Ms. Violet Chu |
| Days and Hours: | Monday to Thursday<br>9:00 to 6:00<br>24-hour hotline<br>864-4722 |
| Eligibility: | |
| Income and Age: | No restrictions |
| Fees: | Free; donations accepted |
| Area Served: | San Francisco, and Bay Area |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI and BART - 22nd and 14th streets |
| Other Information: | We are developing a program especially geared to provide services for older women. This includes counseling, advocacy, drop-in office hours, and 24-hour line. Education and outreach to community concerning abuse of elderly. |
| Last Up-date: | 9/84 |

WOOLF HOUSE
801 Howard Street
San Francisco, CA 94103

495-0830

| | |
|---|---|
| Services & Description: | Hot nutritious senior lunch served Monday thru Friday at 11:30. Support services include trips, blood pressure, screening, movies, recreational events, etc. |
| Contact: | Site Manager |
| Director: | Willie Abasto |
| Days and Hours: | Monday to Friday<br>8:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $1.00 donation for lunch |
| Area Served: | South of Market<br>All welcome |
| Other: | |
| Foreign Languages: | Mandarin, Cantonese |
| Public Transportation: | #30 Stockton Muni Bus |
| Other Information: | |
| Last Up-date: | 9/84 |

Y.M.C.A. - CENTRAL BRANCH
220 Golden Gate Avenue
San Francisco, CA 94102

885-0460 Ext. 281

| | |
|---|---|
| Services & Description: | Drop-in lounge; I&R services; activities, including weekly/day outings, one overnight trip monthly, two evening outings monthly, fitness class three times a week, swimming three days a week, day camp and residence camp program, Christmas camp, photo group, other special interest classes, community rooftop garden. |
| Contact: | Robin Bedell-Waite |
| Director: | Robin Bedell-Waite |
| Days and Hours: | Monday to Friday<br>9:00 to 4:00<br>Occasional Saturday or Sunday excursions |
| Eligibility: | |
| Income and Age: | Seniors |
| Fees: | |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 5, 19 |
| Other Information: | |
| Last Up-date: | 9/84 |

Y.M.C.A. - MISSION BRANCH
4080 Mission Street
San Francisco, CA 94112

586-3030

| | |
|---|---|
| Services & Description: | Daily lunch program; weekly classes; trips each week; counseling; information and referral. |
| Contact: | Lolita Ramos |
| Director: | Stephanie Fiengold |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 60+ |
| Fees: | $15 membership--not required; small fee for trips |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 12, 14 |
| Other Information: | No stairs<br>Easy access for handicapped |
| Last Up-date: | 9/84 |

Y.M.C.A. - RICHMOND BRANCH
360 - 18th Avenue
San Francisco, CA 94121

668-2060

| | |
|---|---|
| Services & Description: | Trips in and out of city; weekly mini-market; exercise classes; daily drop-in center; cards every Tuesday; bingo every Thursday. |
| Contact: | Staff |
| Director: | Ms. Debbie McCown |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | Vary with activity |
| Area Served: | San Francisco<br>Mainly Richmond District |
| Other: | |
| Foreign Languages: | Spanish |
| Public Transportation: | MUNI - 2, 38 |
| Other Information: | |
| Last Up-date: | 9/84 |

Y.M.C.A. - STONESTOWN BRANCH
333 Eucalyptus Drive
San Francisco, CA 94132

759-9622

| | |
|---|---|
| Services & Description: | Drop-in center offering I&R; counseling; 27 weekly recreational and cultural activities, including monthly trips. Social services include health screening, and consultations, food mini-mart and bi-monthly blood pressure check-ups. Hot lunches served Monday through Friday at 12:00 noon for $1.00 donation. |
| Contact: | Jeff Mc Maylee |
| Director: | Above |
| Days and Hours: | Monday to Friday<br>9:30 to 5:00 |
| Eligibility: | |
| Income and Age: | 55+ |
| Fees: | None<br>Senior Center Membership<br>(Optional $16.00 per year) |
| Area Served: | OMI, Sunset, Park Merced, Stonestown |
| Other: | |
| Foreign Languages: | |
| Public Transportation: | MUNI - 17, 28, 72 and M Streetcar |
| Other Information: | Heated Swimming Pool, Jacuzzi<br>Spa Sauna & Fitness Center<br>Health Screening and Podiatry clinic<br>Day and overnight trips |
| Last Up-date: | 9/84 |

YWCA APARTMENTS, INC.
940 Powell Street
San Francisco, CA 94108

397-6886

| | |
|---|---|
| Services & Description: | 97 low to moderate income units of senior citizen housing. Have tenants association, activity program. |
| Contact: | Mr. Carl Braginsky<br>Manager |
| Director: | Ms. Teresa Wu |
| Days and Hours: | 9:00 to 12:00 noon<br>1:00 to 4:00 |
| Eligibility: | |
| Income and Age: | 62 or disabled |
| Fees: | Rent based on income |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Cantonese, Mandarin |
| Public Transportation: | Near #1 California<br>30 Stockton and cable car routes |
| Other Information: | |
| Last Up-date: | 9/84 |

YWCA - CHINATOWN BRANCH
965 Clay Street
San Francisco, CA 94108

397-6886

| | |
|---|---|
| Services & Description: | Connected with senior housing at 940 Powell. Newcomer assistance, tutorial service for children. Also language courses in English for adults, both evening and daytime. Chinese cultural programs. Senior programs such as exercise, cooking, dancing etc. |
| Contact: | Staff |
| Director: | Ms. Teresa Wu |
| Days and Hours: | Monday to Friday<br>9:00 to 5:00<br>Tuesday, Wednesday<br>To 9:00 p.m. |
| Eligibility: | |
| Income and Age: | No limits |
| Fees: | None |
| Area Served: | Chinatown |
| Other: | |
| Foreign Languages: | Chinese |
| Public Transportation: | #1 California, 15 Kearny, 30 Stockton<br>Cable car |
| Other Information: | |
| Last Up-date: | 9/84 |

YWCA - DOWNTOWN CENTER
620 Sutter Street
San Francisco, CA 94102

775-6500

| | |
|---|---|
| Services & Description: | Health, physical education and recreation and personal growth-type classes; swimming pool and aquatics classes; transient and semi-permanent housing; programs for seniors; daily meal site for seniors (lunch). |
| Contact: | Staff |
| Director: | Julie Laskin |
| Days and Hours: | Daily, 7 a.m. to 9:00 p.m. |
| Eligibility: | |
| Income and Age: | No limits |
| Fees: | Vary |
| Area Served: | San Francisco |
| Other: | |
| Foreign Languages: | Spanish, Tagalog |
| Public Transportation: | MUNI - 2,3,4 and 45 |
| Other Information: | Ballroom Dancing<br>Aqua Gym (exercises done in water-arthritis sufferers)<br>Senior Swim Period - Wednesday afternoon<br>Friday morning<br>Health Screening/Blood pressure<br>1st Thursday of the month<br>9:30 to 12:00<br>Free Hair Cuts - 3rd Thursday |
| Last Up-date: | 9/84 |

YOUTH ASSISTANCE ASSOCIATION
25 - 14th Street
San Francisco, CA 94103

431-3389

| | |
|---|---|
| Services & Description: | Free automotive preventive maintenance services, including oil changes, chassis lubrication packing-wheel bearings, automatic transmission draining, shock absorber replacement, tire mounting and repair, wheel balancing, etc. |
| Contact: | Fred Hansen |
| Director: | Mr. Frederick Hansen |
| Days and Hours: | Monday to Friday<br>8:00 to 4:30 |
| Eligibility: | |
| Income and Age: | Senior citizens and handicapped |
| Fees: | None, but must provide own materials |
| Area Served: | San Francisco and peninsula |
| Other: | |
| Foreign Languages: | Tagalog & Cantonese |
| Public Transportation: | |
| Other Information: | Clients needed |
| Last Up-date: | 9/84 |